

# Gwiwenzemen

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

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NOTTAWASEPPI HURON BAND OF THE POTAWATOMI

A FEDERALLY RECOGNIZED TRIBAL GOVERNMENT

## Fitspiration! Lisa Barrett's Story

Submitted by Emily Henning, Community Health Outreach Manager

Five years ago, if you would have told Lisa that she would become a decorated distance runner and race ambassador, she would have laughed and called you crazy. Flash forward a few years and a lifestyle change later, and Tribal Member Lisa Barrett has competed in numerous races and has recently been honored as a Fifth Third River Bank Run Road Warrior.

Road Warriors are ambassadors for the Fifth Third River Bank Run (the largest 25K road race in the country) and are selected through an application and interview process. They are challenged to motivate the community to get active, along with raising money for various charities.

Lisa's journey with running started about 3 years ago when she tagged along with a friend to a local running group event. Lisa recalled her initial reaction, "I remember walking into a room filled with more spandex and neon than I had ever seen in my life, and instantly feeling inadequate and out of place in my yoga pants and fleece hoodie." Despite overwhelming first impressions, Lisa ended up meeting many amazing people that day, who pushed, encouraged and motivated her.

After that maiden run, Lisa signed up for a membership to the running group and committed to training with them for the next five months as she strived to complete her first 10K. By February, she was steadily running 8 miles and realized that she needed to up her 10K goal. Lisa signed up for and successfully completed her first half marathon (13.1 miles). "I was hooked!" she said. "I loved the sense of accomplishment of setting a goal and reaching it!"

As with most life pursuits, Lisa has encountered barriers along the way. "My mind is my biggest barrier and obstacle," Lisa shared. "I've come to realize that running is a mental sport and once I can get my mind on board with what I am doing, my body will follow." Lisa credits the people in her life as her motivation, accountability and support. "My number one supporter is my amazing husband, Carl. He has never missed one of my races, finds me on the course, and cheers me across every finish line." Lisa also credits her family and a phenomenal group of running friends who give her support, encouragement, and accountability.

Lisa's experience has given her great insight into what it takes to create lasting healthy lifestyle change. "Make it a habit! Whatever your goals are, give it a shot for at least a month. Once you make it part of your lifestyle, it gets easier to do every single day." Lisa also recommends finding a support

system and telling them what you are doing. "Having people to hold you accountable make you less likely to back out. Being out there with other people will push you in ways you never thought possible!"

**For assistance in starting your own fitness program, contact one of our health educators at 269.729.4422 or 616.249.0159.**

Photo supplied by Lisa Barrett



Lisa Barrett and her husband, Carl, after a race.

Photo supplied by Lisa Barrett



Lisa proudly displays her race medals.

## Allergies: What you need to know

Submitted by Nicole Edson, Clinical Manager

Americans spend over 18 billion dollars annually on allergy related illness. Some allergies can be constant, like food allergies, and others can be seasonal and get worse during peak times of pollen production.

People can be allergic to anything from food to pet dander, to environmental triggers like dust and pollen. Allergies usually cannot be prevented, but you can reduce the amount of exposure to an allergen.

With allergy season fast approaching, here are some tips to help lessen your body's response:

- Do a regular cleaning of your home. Ridding your home of as much dust and animal dander as possible is a great start to reducing your reaction. Keep in mind that some chemical cleaners contain irritants. Opting for a mild, green cleaner can be kinder to your allergies.

- Use an air conditioner to cool your home. This will allow you to keep windows closed and reduce the allergens that sneak in through the windows.
- Inquire about allergy medication. Many over-the-counter medications are out there, but you should talk them over with your health care provider to make sure they will not interact with medications you may already be taking. Another treatment option includes allergy shots. These are used to help build immunity to allergens.

If you are having allergy symptoms such as itchy eyes, chronic sneezing, watery eyes and worsened asthma symptoms, you should make an appointment to talk it over with your health care provider to create a treatment plan that will work for you.

**For more assistance with allergies, contact the NHBP Health Department at 269.729.4422 or 616.249.0159.**

## FRESH STARTS!

### Green Clean Recipe

#### General All Purpose Cleaner:

- 116 oz spray bottle
- 1 Teaspoon borax
- 2 Tablespoons of vinegar
- ¼ Cup vegetable oil based soap
- Hot Water
- 2 Drops of essential oil

#### Directions:

Add borax and water to spray bottle. Shake until dissolved. Add vinegar and shake again. Add soap and essential oil.



**Take the P.A.T.H. to Better Health!**  
Personal Action Towards Health

**Join us for new  
Grand Rapids Diabetes  
PATH classes!**

**Fridays, May 6 - June 24, 2016**

**Noon to 2:30 p.m.**

**311 State St., Grand Rapids  
Health Conference Room  
Lunch Provided.**

**Space is limited!**

**Call or email Lysandra Vander Hart at 616.249.0159;  
toll-free: 888.662.2808  
or email: [lvanderhart@nhbp.org](mailto:lvanderhart@nhbp.org)  
to register.**



The Source for Seniors



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## The Green Gym

Submitted by Brianne Kraai, Health Educator

If you are anything like most Americans, you likely have a desire to get in shape. A review of New Year's Resolutions lists both weight loss and fitness in the top 5!

The snow is melting which means warmer weather, and dare I say it, bathing suit season is fast approaching. For some people, fitness centers can be inconvenient; busy schedules, packed gyms and the expense of joining can be a barrier and keep people from getting active. With a little creativity, however, there is a huge, limitless, FREE gym just outside your front door. That's right – I'm talking about the great outdoors.

Exercising outdoors has been shown to have quite a positive effect on the human mind and body. In as little as 5 minutes, you can have a decrease in tension, stress, and depression symptoms.

There is an unlimited array of options when it comes to exercising outside. You could keep it traditional and go for a run, walk, swim, jog or bike ride. With a little imagination however, you can achieve a well-rounded fitness routine using the simple and free equipment provided by Mother Nature.

### Here are a few workout examples you could try:

- 🌀 Grab a small log or two and do weighted lunges
- 🌀 Prop up your feet on a log and do push-ups
- 🌀 Using that same log, easily perform triceps dips
- 🌀 Chop a stack of wood
- 🌀 Pump out some high jumps or single leg step ups using a tree stump
- 🌀 Make your own obstacle course
- 🌀 Find outdoor exercise equipment at many parks

## Exercise Class Schedule

Submitted by Brianne Kraai, Health Educator

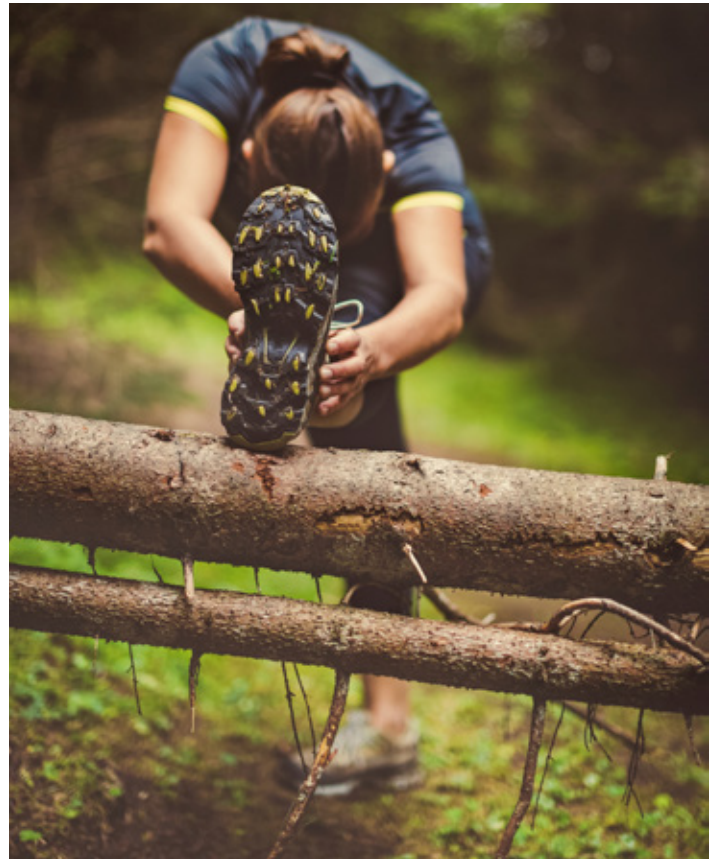
You came, you asked, we answered. After many requests to continue our exercise classes offered at NHBP during the Winter Meltdown program, we will continue classes this spring.. No sign up is required. Just stop by, show your support, and have fun! The new class schedule will be as follows:

### Pine Creek:

- 🌀 **Yoga:** Wednesdays, 7:45 to 8:30 a.m.
- 🌀 **Cardio Drumming:** Select Thursdays, 5:30 to 6:30 p.m. \*
- 🌀 **Whole Person Wellness:** Wednesdays, 11 a.m. to Noon

Working out doesn't have to be complicated or expensive. Just step outside and utilize "Michigan's Big Green Gym." See the exercise schedule for NHBP walking groups starting this May.

**For more information on "Michigan's Big Green Gym," where to find a local park near you, or how to get active using the great outdoors visit <http://www.mparks.org/MIbiggreengym>.**



### Grand Rapids:

- 🌀 **Zumba:** Tuesdays, 4:45 to 5:30 p.m.
- 🌀 **Yoga:** Wednesdays, 4:45 to 5:30pm
- 🌀 **Sit & Be Fit:** Fridays, 11 a.m. to Noon

### Spring Walking Groups will be starting in May!

**Pine Creek Walking Group:** Fridays at Noon  
**Grand Rapids Walking Group:** Thursdays at Noon  
**Grand Haven Walking Group:** Thursdays at 6 p.m.  
 Contact Shelby Gibson at 269.729.4422 for more details.

### \*Cardio Drumming will be on the following dates:

April 7 and 14, May 5 and 12, June 2 and 9, August 4 and 11, September 1 and 8, October 6 and 13, November 3 and 10, and December 1.

## Health Department Programs and Services

### Programs Offered

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

### Health Services Offered

- 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 & 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 <http://www.nhbpi.com> and click on Health.**

## Save the Date!

Submitted by Brianne Kraai, Health Educator

**Tribe to Tribe Walking Challenge:** May 7 to July 1. Awards will be given at the Michigan Family Olympics on July 22. Open to all NHBP clinic patients, Tribal Members, spouses, and descendants.

**Diabetes PATH (Grand Rapids):** Fridays at Noon starting May 13. Contact Lysandra Vander Hart to register at 616.249.0159. Open to NHBP clinic patients, NHBP Tribal Members and support persons.

**My Feelings Are a Work of Art:** A painting event put on by LAUNCH for Early Childhood Mental Health Awareness. Grand Rapids will be held on May 12 from 10 a.m. to Noon. Pine Creek will be held on May 13 from 10 a.m. to Noon. Contact MacKenzie Stuck to register your 0-8 year old.

**Turtle Trot and 5K:** The Turtle Trot will be at 7 p.m., and the 5K will be at 8 p.m on June 17, on the Pine Creek Reservation. Registration opens May 1. Search active.com key word "reservation." Open to the community!

**Early Childhood Fair:** June 17 from 3 to 6 p.m. at the Pine Creek Reservation Recreation Fields. Join us for early childhood activities, including a teddy bear clinic, car seat checks and bike rodeo! Registration is required. Open to Potawatomi Families.

**Summer Youth Camp:** Every Tuesday and Thursday in Grand Rapids starting June 14 from 10 a.m. to 2 p.m. Contact Camie Castaneda for details.

**Tribal PREP:** Grand Rapids will be holding TPREP on July 12, 14, 19 and 21 during the Summer Youth Camp. The Tribal Personal Responsibility Education Program (PREP) is an evidence-based program geared toward youth ages 12 to 18 years of age with a focus on abstinence, STI, and pregnancy awareness, with an emphasis on personal responsibility. Open to NHBP youth and clinic patients. Preregistration is required. Pine Creek dates are yet to be determined.

**Family Outdoor Outing:** Join this LAUNCH outing to a local destination full of family fun. Grand Rapids will be July 7, and Pine Creek will be July 8. Contact MacKenzie Stuck to register your 0 to 8 year old.

**Michigan Indian Family Olympics:** July 22 at Central Michigan University. Call Grace Chivis to preregister. Open to NHBP Tribal Members, Spouses and Descendants.

**To register for any of the events and programs listed above, please contact the NHBP Health Department at 269.729-4422.**

## Traditional Healing

Submitted by Nichol Bremer, Behavioral Health Manager

Traditional Healing refers to Nishnabe' knowledge, skills, and practices that have been passed on from generation to generation. In Native American Tradition, illnesses are not rooted in the affected area, but are caused by spiritual imbalances which can be treated with natural medicines, and various ceremonies.

Traditional Healing has been used exclusively for hundreds of years, but recently has also been used in conjunction with western medicine and behavioral health to achieve whole person physical, psychological and spiritual wellness. The practice of traditional healing would be extremely beneficial to the health of our community; the Traditional Healing Taskforce has been working hard to bring Traditional Healing to NHBP.

Traditional Healing practices are performed by Traditional Healers. The Healers possess various gifts from the creator. Their services are vast and can range from medicines, fasts, sweat lodges and traditional teachings. Much of what we know today about herbal medicine comes from Native American Traditional Healing. Herbal medicines have been proven to be wonderful aids in healing and come in many forms such as salves, teas or tincture and can be made of leaves, flowers, barks or berries. Sweat lodges and fasts have also been clinically proven as a catalyst for detoxification and purification of the body.

One does not need to have any certain medical diagnoses or particular ailment; anyone is welcome to see the Traditional

Healer, although the services you receive from the Healer will depend on your needs and unique situation. There is no cost associated with the Healer, but offers of tobacco are accepted in the traditional manner.

Our goal is to have a Traditional Healer to service the NHBP community by May of 2016. For more information on Traditional Healing services coming to NHBP, please contact the Health and Human Services Department at 269.729.4422.



## WE WANT TO HEAR FROM YOU!

### We want to showcase your wisdom!

Each edition we include short words of wisdom at the bottom of the pages. Please send us your "Words of Wisdom" to be published in the next Gwiwenzemen! "Words of Wisdom" should be a short inspiration or piece of advice made up by you. Please keep your "Words of Wisdom" approximately 3 sentences or less and submit to:

**Brianne Kraai, Health Educator**

311 State St., Grand Rapids, MI 49503

email: [brianne.kraai@nhbp.org](mailto:brianne.kraai@nhbp.org)

### Community Health Needs Assessment Survey

Thank you to everyone who filled out the Community Health Needs Assessment!

Your input is valuable. We look forward to receiving the results and providing you with the best programs and services for your needs!

## Smoke Free Grounds

Submitted by Emily Henning, Community Health Outreach Manager

The dangers of secondhand smoke have been well-established for decades. We know that secondhand smoke contains the same deadly chemicals as directly smoking from a commercial cigarette. The 2006 Surgeon General’s report concludes that secondhand smoke is a human carcinogen for which there is no safe level of exposure. However, more recent research shows that even outdoor secondhand smoke is just as harmful as indoor secondhand smoke. As a result of this knowledge, smoke free parks, athletic fields, beaches and recreation areas have been trending across America. Since 2008, areas with outdoor smoke-free policies or laws have doubled. It is now estimated that 81% of the US population lives in an area with some form of clean air law or policy.

### Why commercial smoke free parks?

- ☞ Promotes a healthy, commercial tobacco free community
- ☞ Reduces exposure to secondhand smoke which has immediate health consequences on the heart and lungs
- ☞ Reduces litter and environmental impact from cigarette butts
- ☞ Promotes positive role modeling to children
- ☞ Improves air quality

- ☞ Banning public smoking has proven to be the single most effective method in reducing youth smoking rates.

The next time you are at a park, look around for tobacco free signage, observe the presence of commercial tobacco, and think twice before standing near someone that is smoking. If you are curious about smoke free laws in your area, contact your local municipality.



## HEALTH QUIZ

- 1 What time does yoga start in the Pine Creek location? \_\_\_\_\_
- 2 How many minutes does it take for your body feel a decrease in stress from exercising outside? \_\_\_\_\_
- 3 The ambassadors of the Fifth Third River Bank Run are called what? \_\_\_\_\_
- 4 What has been proven to be a catalyst for detoxification and purification of the body? \_\_\_\_\_
- 5 In America, how many dollars are spent on allergy related illnesses annually? \_\_\_\_\_

### Take the Health Quiz and enter to win a \$20 gift

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Please submit quiz answers by May, 15, 2016 to be entered into a drawing for a \$20 gift card:

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



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**Credits:** We would like to thank Frank Barker, Gun Lake Band of the Pottawatomi Indians, for his guidance and language expertise in the creation of this publication. **Migwéché!**

**Cover:** NHBP Elder Paula Keith helps plant the community garden on Pine Creek Reservation. Photo by Kathy Mackety

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## OUR MISSION

The mission of the NHBP Health Department is to foster the independence of our community through professional, compassionate, inclusive and culturally integrated health care service. We commit ourselves in recognizing and nurturing self-reliance and empowerment through education and service to Tribal Members through the promotion of healthy lifestyle choices.

For a detailed list of program and service offerings, please visit <http://www.nhbpi.com> and click on Health.

## CONTACT US

### Southern Clinic & Services

Pine Creek Clinic.....269.729.4422 Toll Free: 1.888.729.4422

Contract Health.....269.704.8349

### Northern Clinic & Services

Grand Rapids Clinic.....616.249.0159 Toll Free: 1.888.662.2808