

Gwiwenzemen

SUMMER 2016 | No. 3

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

IN THIS ISSUE

- 🌀 Quit Smoking Support
- 🌀 Domestic Violence Law
- 🌀 Avoid Mosquitoes
- 🌀 Save the Date
- 🌀 Fast Food Produce
- 🌀 Meet Jay Swanson
- 🌀 Quiz



NOTTAWASEPPI HURON BAND OF THE POTAWATOMI

A FEDERALLY RECOGNIZED TRIBAL GOVERNMENT

It's not too late to QUIT!

Submitted by Community Health Educator Shelby Gibson

In the Native American culture, tobacco is a sacred gift to be used for giving thanks, ceremonies and traditional medicine. However, Native American Community Members disproportionately suffer from health problems caused not by traditional tobacco but by commercial tobacco.

The use of commercial tobacco – such as cigarettes, cigars, chewing tobacco and snuff – is the single most preventable cause of disease, disability and death in the United States. NHBP has NEW services to help commercial tobacco users in the Community kick the habit for a longer, healthier life. Find the support and guidance you need to help you along your quitting journey – make an appointment with a health educator today.

Services include:

- 🌀 Tobacco Cessation Group Sessions – A Freedom From Smoking® program that features a step-by-step plan for quitting alongside peers for added support.
- 🌀 One-on-one Tobacco Cessation Counseling – Individualized counseling in order to cater to everyone’s specific needs to maximize success.

- 🌀 Tobacco Quit Line
- 🌀 Nicotine Replacement Therapy
- 🌀 Auricular Acupuncture Therapy
- 🌀 Traditional Healing

Register for our next Freedom From Smoking® Group Session!

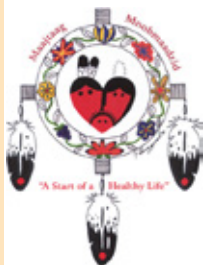
Pine Creek Indian Reservation:

10 a.m. to noon Wednesdays, July 13 through August 24
10 a.m. to noon Friday, August 5

Northern Office, 311 State St., Grand Rapids:

2 to 4 p.m. Tuesdays, September 13 through October 25
2 to 4 p.m. Thursday, October 13

To register contact Health Educator Shelby Gibson at 269.729.4422 or shelby.gibson@nhbp.org.



Maajtaag Mnobmaadziid is now offered to all NHBP clinic patients!

Maajtaag Mnobmaadziid is a FREE program that encourages and supports “a start of a healthy life.” Pregnancy and early childhood are some of the most important stages in life. Fostering a healthy beginning makes a difference in lifelong health.

This program is designed to complement, not replace, prenatal, post-partum, and pediatric care. You will receive home visits with an experienced Maternal Child Health Nurse that will provide support and education during pregnancy and early childhood. Maajtaag Mnobmaadziid encourages women to become and stay healthy before and between pregnancies. Enjoy early childhood play groups and outings, and valuable discussion on important health topics:



- Safe Sleep
- Car Seat Safety
- Parenting Support
- Fatherhood
- Child Growth
- Developmental Stages
- Nutrition
- Healthy Communication
- Family Planning
- Early Childhood Health

We affirm the sacred role of women in the Community as givers of life, and promote understanding of the importance of family well-being throughout the lifespan. Start your little ones off on the right foot, sign up today!

Southern NHBP Health Department

Dawn Cornelius, BSN, RN

Covering: Calhoun, Kalamazoo, Branch Counties
269.729.4422

Northern NHBP Health Department

Dawn Cordero - Reyes, BSN, RN

Covering: Kent, Ottawa, Allegan, Barry Counties
616.249.0159



New NHBP Domestic Violence Law Takes Effect

Submitted by Behavioral Health and Social Services Manager Meg Fairchild

As many of you are already aware, on June 1, 2016, NHBP implemented the new Domestic Violence Law that allows the Tribal Police and Justice Officials to investigate and prosecute specific domestic violence crimes, including those committed by non-Natives on Tribal lands. This law is important to protect NHBP Women and their children and to enforce the sovereignty, values and culture of NHBP. NHBP is also developing increased support for women and families who have experienced domestic violence and an increased awareness and domestic violence prevention through collaborations.

Early Warning Signs of domestic violence:

- 🌀 Did your partner grow up in a violent family?
- 🌀 Does your partner have a quick temper? Does your partner overreact to little problems and frustrations, like not finding a parking space or having a bad seat at an event? Does your partner punch walls or things when upset?
- 🌀 Does your partner think women should take care of their partners and follow their wishes?
- 🌀 Is your partner jealous of your time spent with friends and family? Does your partner keep tabs on you? Does your partner want to know where you are at all times? Does he want you to go with him all of the time, even if it is inconvenient or you just don't want to?
- 🌀 Does your partner play with guns, knives, or other lethal objects? Does your partner talk of using them against people, or threaten to use them to "get even?"

- 🌀 Does your partner experience extreme highs and lows? Is your partner very kind at one time and very cruel at another time?
- 🌀 When your partner gets angry, do you fear him? Do you find that not making him angry is a major part of your life?
- 🌀 Does your partner treat you roughly? Does your partner physically force you to do what you do not want to do?

Domestic violence is a complex issue, and this article is only briefly addressing one aspect of some early warning signs of domestic violence. If you would like additional information about domestic violence or support, please contact Domestic Violence Victim Advocate Patti McClure at her office by calling 269.275.8396 or 269.312.4164.

You may also call the NHBP Health & Human Services Clinics at 616.249.0159 or 269.729.4422, the National Domestic Violence Hotline at 800.799.7233 or your local domestic violence shelter.

**Early Warning Signs information adapted from "Violence Against Native Women is not Traditional," the National Indigenous Women's Resource Center and the National Technical Assistance Center on Family Violence.*

HEALTH SERVICES HELP

NHBP Offering Community Resource Coordinator Services

Submitted by Business Quality Assurance Manager Melissa Lynch

NHBP offers clinic patients assistance navigating the following systems:

- 🌀 Health Insurance Marketplace Navigation
- 🌀 Medicaid Applications
- 🌀 Social Security Benefit Information
- 🌀 Veterans Benefits Information
- 🌀 Child Care Assistance-NHBP Members

For help with insurance enrollment, please bring to your appointment the following items:

- 🌀 Photo ID with valid address
- 🌀 Social Security Card
- 🌀 Tribal ID

For more information, or to schedule an appointment at the Northern Office in Grand Rapids or at the Pine Creek Indian Reservation, contact Community Resource Coordinator Chris Woodring at 616.514.3638 or cwoodring@nhbp.org.

Mosquitoes, West Nile Virus and Zika: How to Protect Yourself

Submitted by Clinical Manager Nicole Edson

Mosquitoes have been getting quite a bit of attention lately due to the diseases they carry. In order to protect yourself this summer, it is important that you are knowledgeable of the potential diseases, along with ways to reduce the risk of infection.

West Nile Virus is the most common virus associated with mosquitoes. It is common throughout North America and increases in volume during the summer months. Most people who contract the virus will not have any noticeable symptoms, but according to the Centers for Disease Control and Prevention, less than 1 percent of the population can develop serious neurological symptoms.

Symptoms usually begin three to 14 days after being bitten by an infected mosquito. Those symptoms include fever, headache, body aches, nausea and vomiting. There is no treatment for West Nile Virus other than medicine, which helps with the symptoms. The best medicine is rest. If a person develops serious symptoms such as tremors, coma or severe muscle weakness, they should seek treatment and may require hospitalization.

Zika is a virus we are currently hearing about a lot in the media. Cases have been identified in the United States, but they all have been associated with people traveling out of the country. Puerto Rico and the U.S. Virgin Islands are US territories that have active Zika virus, otherwise noted as vector-borne activity. Zika is mostly affecting South America, Mexico, the Caribbean and the Pacific Islands. If you are traveling outside the U.S., you should check the Centers for Disease Control and Prevention website to see if the area in which you are traveling has the active Zika virus.

Symptoms are flu-like in nature and most people who contract Zika do not even realize it. Zika is dangerous to pregnant women and women thinking about getting pregnant. Men carry the Zika virus in their semen for an extended period of time. Men who have had symptoms should not have sex with their partner until they have been symptom free for six months.

Protection from mosquito bites is the key to remaining healthy. The CDC recommends using an Environmental Protection Agency (EPA) registered insect repellent with the following ingredients: DEET, Picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol. To protect yourself and your family, you can also wear long sleeve clothing in the evening hours when mosquitoes are most active, empty containers with standing water in them, change pet water and bird bath water daily and make sure kiddie pools do not sit with water in them for long periods of time. Standing water is the breeding ground for mosquitoes. Let's do our best to avoid mosquitoes and prevent the spread of West Nile Virus and Zika!



Natural Mosquito Recipe

www.wellnessmama.com

- 1 Fill spray bottle (8-ounce) half full with distilled or boiled water.**
- 2 Add witch hazel to fill almost to the top.**
- 3 Add ½ teaspoon vegetable glycerin.**
- 4 Add 30 to 50 drops of essential oil for desired scent. Lemon, eucalyptus, cedar wood, and rosemary work well.**

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
- Traditional Healing

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 Dates

Submitted by Health Educator Brianne Kraai

Summer Youth Camp: From 10 a.m. to 2 p.m. every Tuesday and Thursday at the Northern Administrative Office, 311 State St., Grand Rapids, until August 4. For details, contact Membership Services Programs Coordinator Camie Castaneda at 616.514.3662.

Tribal PREP: From 2 to 6 p.m. August 9 and 11 at the Pine Creek Community Center; also, July 12, 14, 19, and 21 at 311 State St., Grand Rapids, during the Summer Youth Camp. This program is evidence-based and geared toward youth ages 12 to 18 with a focus on abstinence, sexually-transmitted infections and pregnancy awareness, with an emphasis on personal responsibility. Please call NHBP Health Educator Brianne Kraai at 616.249.0159.

Healthy Start Play Date: Healthy Start and LAUNCH families with children ages 0 to 8 are going to the zoo! The first outing is from 10 a.m. to 2 p.m., Thursday, July 14, at the Grand Rapids John Ball Zoo. The second outing from 10 a.m. to 2 p.m. Friday, July 15, at Binder Park Zoo. Please contact Community Health Nurse Dawn Cordero-Reyes in Grand Rapids at 616.249.0159 or Young Child Wellness Coordinator MacKenzie Stuck in Pine Creek at 269.729.4422.

Freedom From Smoking®: Classes are 10 a.m. to noon Wednesdays from July 18 through August 24, and 10 a.m. to noon August 5. This group tobacco cessation program includes eight sessions and features a step-by-step plan for quitting commercial tobacco. You'll find the support and guidance needed to get through your quitting journey. To register, call Health Educator Shelby Gibson at 269.729.4422.

Traditional Healing: Appointments are open this July! Call the NHBP Health and Human Services Department for more information at 269.729.4422.

Michigan Indian Family Olympics: An all-day event being held July 22 at Central Michigan University. Call Membership Services Administrative Assistant Grace Chivis to register at 269.729.5151. The event is open to all NHBP Tribal Members, spouses and descendants.

Strengthening Families through Tradition: 9 a.m. to 4 p.m. August 12 to 14 in Western Michigan University's Fetzer Center. Children ages 0 to 8 and their families are welcome to join this event, which includes traditional teachings, dance, beading and regalia-making. To register, contact Young Child Wellness Coordinator MacKenzie Stuck at the Pine Creek Indian Reservation at 269.729.4422.

To register for any of the events and programs listed above, please contact the NHBP Health Department at 269.729.4422, unless otherwise noted.

“Fast Food” Produce

Submitted by NHBP Dietician Lysandra VanderHart

Summer is here! In Michigan, our bounty of fruits and vegetables are sprouting up all over the region so we can find many fresh fruits and vegetables to fill our bodies with rich vitamins and minerals. Whether you dabble in gardening or simply visit the farmers market, all of the bright colors in fruit and vegetables have important roles in our nutrition. Read on for more information about nature’s most convenient “fast foods.”

Strawberries – Vitamin C and manganese powerhouses, these fruits are a great anti-inflammatory snack and they provide nutrients to help keep the cardiovascular system in check. Keep in mind that strawberries are fragile and will lose many of their antioxidants in just days after picking. Grab strawberries from a U-Pick Farm this summer and freeze them right away for use all year round.

Blueberries – Not only does just one serving of blueberries contain almost one-quarter of your recommended daily vitamin C needs to help support a healthy immune system, emerging research also suggests that blueberries may be helpful in protecting bones and arteries. The antioxidants in blueberries may also help slow the development of neurodegenerative diseases. Add them to Greek yogurt, hot cereal or salads and have them for a quick snack or dessert to satisfy a sweet craving.

Asparagus – With a significant source of vitamin K, folate and other B vitamins, asparagus is definitely a powerhouse vegetable, but you may not be aware of the healthy digestive properties in asparagus. The inulin does not

get digested until reaching the large intestine, so nutrients for the gut can help prevent allergies and colon cancer. Rich fiber and antioxidant capacity allows it to serve as an everyday vegetable for all cancer types. Add to eggs, wraps and salads, make a grilled veggie pita or wrap in nitrate free ham for a healthy lunch on the go.

Tomatoes – Tomatoes are a good source of vitamins A, C and E as well as folate and potassium. And in addition to being packed full of vitamins and minerals, studies also have found that tomatoes may be antioxidant, antithrombotic, anti-inflammatory and, potentially anti-cancer powerhouses by providing 40 percent of vitamin C in 1 cup of raw tomato. Cooked or raw, tomatoes can be added to soups, stews, salads, eggs, tacos, wraps, sauces and so much more.

Cucumber – Makes a tasty high-fiber, low-calorie snack. What you might not know is that cucumbers are also a great source of beta-carotene, potassium, magnesium and silica, as well as vitamins C, K and B-5, which means they may help lower blood pressure, keep your body’s connective tissues healthy and help keep your skin hydrated. Be sure to eat the skin and seeds, because that’s where you will find the biggest bang of nutrients. Slice up cucumbers and use in place of crackers, add them to a sandwich or salad or wrap nitrate-free lunch meat around them for a snack.

Take advantage of the colors of the summer growing season and experiment with more color on your plate! For more information or to set up a nutrition appointment, contact NHBP Dietician Lysandra Vander Hart, MS RD, at 616.249.0159 or lvanderhart@nhbp.org.



Welcome Our New PA!

Submitted by Health Educator Brianne Kraai

The NHBP Health Department has welcomed a new face in the Northern Office! Jay Swanson began providing services to the Grand Rapids clinic as our new Physician's Assistant on June 20.

Swanson has a Bachelors of Science, Kinesiology, Health Promotions from Michigan State University and a Masters of Physician Assistant Studies from Indiana State University. Since Swanson's graduation from Indiana State in 2014, he has been working at the Holland Hospital in the ER department and at Spectrum Health in the Urgent Care.

Swanson is a husband, proud father, and dog owner. His wife Mackenzie – also in the medical field as a nurse practitioner – are parents to their 7-month-old daughter, Charley Jean, and their hound dog, Abe. In his free time, Swanson likes to exercise, read, listen to music, surf, and enjoy some sunshine.

As the new PA, Swanson hopes to “bring energy and positivity to patients and create excitement surrounding their health and goals.” So next time you stop in to the Grand Rapids Health Department, be sure to give Swanson a warm welcome!



Jay Swanson, PA-C
Physician Assistant
Health and Human Services Grand Rapids Clinic

HEALTH QUIZ

- 1 Which of these are vitamins found in tomatoes?
 - A) Vitamin A
 - B) Vitamin C
 - C) Vitamin E
 - D) All of the Above
- 2 Who can participate in the Maternal Child Health Program at NHBP? _____
- 3 Who is NHBP's Domestic Violence Victim Advocate? _____
- 4 Name two diseases carried by mosquitos. _____
- 5 NHBP's new domestic violence code went into effect on which date? _____

Take the Health Quiz and enter to win a \$20 gift card! Spring winner: Robert Zlotnicki

Name _____

Address _____

City _____ State _____ Zip Code _____

Please submit quiz answers by **September 30, 2016** 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



NOTTAWASEPPI HURON BAND OF THE POTAWATOMI

A FEDERALLY RECOGNIZED TRIBAL GOVERNMENT

1485 Mno-Bmadzewen Way, FULTON, MICHIGAN 49052

NHBPI.COM | 269.729.5151

PRESORTED
FIRST CLASS MAIL
U.S. POSTAGE
PAID
Grand Rapids, MI
Permit #1840

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 Tribal Member Josev Keith enjoys summer fun at the 2015 NHBP Family Retreat.

Gwiwenzemen

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

OUR MISSION

The mission of the NHBP Health Human Services 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