

Maine Intertribal Health Newsletter

Indian Township Health Center 10TH ANNUAL HEALTH FAIR A SUCCESS

Indian Township Health Center held its 10th Annual Health Fair on Friday, September 10th. Well over 300 people attended, ages ranged from 0-88. Twenty seven tribal, state, and community agencies participated in a variety of activities despite the cold and rainy weather.



Each year, the Health Center hosts this community gathering with the intent of providing a day of health education, screening, activity, food and tribal unity. With the help of several tribal and non-tribal agencies, the Health Center staff gives the community an opportunity to be together in a healthy way.



All Aboard For The Health Fair!

Several health screenings were available during the Health Fair. Participants were screened for diabetes, cholesterol, height and weights plus blood pressure measurements. Education regarding the prevention and risks of diabetes was also provided during diabetes screening.

Stephanie Neptune, a Passamaquoddy tribal member certified as a Zumba instructor, provided an opportunity for the community to try the popular new exercise. Many joined in, including Mrs. Cox's Kindergarten class. The kids had a great time.

People who had not actually seen Zumba done before now have an understanding of what it is and may join one of the local groups in an effort to be more active.



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Indian Township Health Center cont.

Rapid HIV testing was provided by Wabanaki Mental Health. In addition to screening, the agency offered education and prevention materials. Be The Match program also screened interested participants to be placed on the national bone marrow donor registry. There is a dire need for bone marrow donors,



especially Native American donors. We were pleased to provide a place that made it easier for more Native people to join the registry.

Many other activities, services and information were made available by all agencies that attended. Eat Well We Can, Peaceful Relations, Social Services, CCC, Warden Services, Human Services, Blue Devil Health Center, Native Wear, Maine DHHS, WCCC, Passamaquoddy Housing, Calais Hospital, Pine Tree Legal, Indian Township Daycare, Maine Indian Ed, Indian Twp Police Dept., Fire & Rescue plus massage table and chair services with Gal Frey and Angela Sabattus

Tribal ID's were issued to Passamaquoddy Tribal members and Indian Township Tribal Government Employees, paid for through the Indian Township Health Center.

Along with the Governor, Lt. Governor and Tribal Council members, the Health Director



Setting up for the fair.




and staff would like to thank all of the elders, children, tribal leaders, community members and agencies that came to participate. The community's dedication to this event is what makes it truly successful.

Photos Courtesy of Donald Soctomah

It's Time For Flu Vaccines

Diabetes Tip: Diabetes Foot Care

Uncontrolled diabetes (high blood glucose levels) will cause problems with your eyes, your feet, your heart, and to your kidneys.

-  Check your feet every day. You may not feel pain, but it is still very important to check your feet daily. Look for cuts, red spots, swelling, sores and infected toenails.
-  Wash your feet every day in warm, not hot, water. Do not soak your feet because soaking can dry out your skin. Dry your feet well even between your toes.
-  Use a small amount of lotion on the top and bottom of your feet to keep your skin soft. Do not put the lotion between your toes as it can cause an infection.

Keep your blood glucose levels under control
Follow the advice of your health care provider. .

Pleasant Point



Health Center Community Caring Collaborative Bridging Program

This program is offered at the PLEASANT POINT HEALTH CENTER. It offers support, wraparound planning, and access to services for pregnant parents and/or any high risk babies born to Washington County parents. Our wraparound facilitator is Barbara Koch. She can meet with pregnant parents or parents who may have children ages 0 – 8. The facilitator helps the family explore services, establish supports and gain information. Services may include going with a parent who may have had a high risk baby to EMMC to visit the NICU or helping a parent get information about conditions that may affect a baby as well as visiting the parents and child while they are admitted to the hospital. The facilitator can attend meetings with the parent to establish plans for their return to Washington County. Services continue for as long as they are needed. Referrals can be made by local providers, by parents requesting the service or by Eastern Maine Medical Center. If you are interested, have any questions, or know of anyone who might be interested in obtaining these services, please call Barbara Koch at **853-0466 ext. 333**.

Kicking Off The 2010 Annual Indian Day Celebration



In route on St. Croix River Photo Courtesy of Donald Soctomah

Canoeing from Indian Township to Split Rock at Sipayik to kick off the 2010 Annual Indian Day Celebration.



Smudging At Split Rock Left to Right: Steve Nicholas, Gracie Davis, Blanche Sockabasin, Joan Dana Photo Courtesy of Donald Soctomah



Thomas Newell, Steve Nicholas, Donald Soctomah Photo Courtesy of Adele Moore

Sandra Yarmal, Health Director and Ralph Dana, Sipayik Public Safety Director wish to thank all who participated in the Red Cross Blood Drive held in honor of Kelley Keezer. Thirty four donors came out and the American Red Cross was able to obtain 27 units of blood.

Micmacs



Farewell



Rebecca Smith, MS, RD, LD

It is with sadness that I write this note to say goodbye to my friends, colleagues and patients at the Micmac Service Unit. I have had a wonderful 5 years here, but am now looking forward to spending more time at home with my family. I hope that my patients learned from me at least half of what I learned from you. This was a fantastic experience and I will miss you all so much!

“Smoking is the leading cause of home fire deaths in Maine”

Farewell and Thank You!

The Micmac Service Unit would like to take this opportunity to say “Thank you” and “We Will Miss You” to Ms. Katie Espling, Contact Representative and Dr. Gary Driver, DDS.

Ms. Espling had served as the Contact Representative (Patient Registration and Benefits Coordinator) for almost a year and in that time she demonstrated superior customer service, strong organizational and program development skills, commitment as a team player and entertainer (if you have ever had the opportunity to interact with Katie you would know what we mean). It is with great sadness that we must say “Farewell”. However, all of staff would like to wish her much success on her new endeavor and invite her to visit us whenever she has the opportunity!

Dr. Driver, DDS, had served as the primary Dentist for MSU for over a year and during that time he helped the Service Unit staff fine tune the dental program into a well organized and efficient clinic. Although he only provided services for one week out of the month, the community came to appreciate his services. He was well liked and respected by all! Dr. Driver, the staff would like to wish you much success and send a sincere “Thank You” for everything you did for our community! You will be missed!

Submitted by:
Theresa Cochran,
Supervisory Health System
Specialist

Micmac Clinic Welcomes New Employees



The Micmac Service Unit welcomes Marie Danielle Leblanc, BSN, RN. Danielle will be the new Diabetes Coordinator and Public Health Nurse.

“My background is that I hold a Bachelor’s in Nursing with training in Healthy and Holistic concepts. I have been an active participant in Native communities since my childhood being raised with my Canadian family in Quebec and in South Florida. I am happy to be part of your community and will do my best to meet the needs of the Aroostook Mi’Kmaq and Native families.”



Sandra Pictou, Special Project Coordinator

Hi,
I have worked for the Aroostook Band of Micmacs or 15 years. After layoffs I went back to school and graduated with an Associate degree. I am a mother of two girls and have 4 grandchildren; three girls and a boy. I am happy to be back working for the tribe once again.

Penobscot Nation Health Center



Penobscot Nation Has A New Doctor, Dr Huerth



How does it feel to be the first Native American doctor on Indian Island?

There are a lot of different levels to it. On the one level, part of the dream of doing this was to be a visible example of where people can go if they try hard enough. Growing up I did not have a Native American doctor and so it never seemed impossible but it never seemed to be an obvious career choice because I had never seen it modeled. I am honored and happy to be a visual example that they can do anything if they want to. In being Native American, even though we are from different regions and tribes, there are some commonalities. In that way I feel good about giving people a provider

that they can relate to. Already I have had people who wouldn't normally see a doctor come in and it has been great.

I have difficulty in the expectation that people have of me. Some may feel that I owe them something more because I am a Native Doctor. Some certainly feel that I can relate as a Native doctor. My job is to provide the best care for my patients and if being Native can help me accomplish this then I am glad and thankful.

I also feel humbled, honored, while the moment seems surreal. My family is whom I'm most proud of as they endured so much. My wife and children are the reason I got through it all.

What inspired you to become a doctor?

There is sort of a family legacy that goes with that. My mom was a nursing student for most of my early adolescence. Although she never actually became a nurse, I would go to school with her. We would dissect eyes and all that fun stuff. I had a really deep interest in biology right away. My grand mom tried to become a nurse also but had to call it quits because her mom got sick and had to go home. The legacy went: dream of medicine - falling short, dream of medicine - falling short. So for me it was like 'well I am good at biology, and I love people' so it seemed like something to shoot for; if I fell short at least I'd have a degree.

As a doctor, what are your hopes and goals for the community?

A healthy community with the use of all the resources that we have such as counseling, diabetic, nutrition and laboratory services. I don't think we utilize these services to their full potential. Many of the places that I've been to are actually jealous at the ability of our clinic to accomplish so much in one place.

Meet The Clinic's New Dentist, Cara Pippenger, DDS



Tell me a little about yourself and where you are from.

I am from South Bend Indiana on the Michigan border where I grew up with my family. I have a brother and sister that I am very close with. I did my undergraduate in Bloomington at Indiana University. After college, I worked in my father's pediatric dental office for several years and then went to Dental School in Indianapolis.

What are some of your hobbies?

I like to travel. I spent a year abroad in Mexico after high school to learn the language and explore a different culture. I enjoy running, hiking, downhill skiing, and other active sports. I like to cook because I like to eat!

What dental advice do you have for the community?

In addition to the obvious brushing and flossing, get regular dental check-ups so that we can keep on top of things before any problems may come up. Also, start bringing in your children for check-ups as early as 12 to 18 months.



Fall Is The Time To Enjoy Soup

Submitted by Kathleen Majka, Nutritionist at Pleasant Point Health Center

Is Soup Healthy? It can be as long as you go for broth or tomato based soups. The high liquid content of soup can fill you up and if you add high fiber beans, vegetables and/or whole grain can help you to feel full longer. Simmering vegetables in the broth keeps the vitamins in the meal.

4 Servings Prep: 15 min. Cook: 55 min.

Ingredients

- ✓ 1/2 pound lean ground beef (90% lean)
- ✓ 2 large fresh mushrooms, sliced
- ✓ 1 celery rib, chopped
- ✓ 1 small onion, chopped
- ✓ 2 teaspoons all-purpose flour
- ✓ 2 medium carrots, sliced
- ✓ 3 cans (14 1/2 ounces each) reduced-sodium beef broth
- ✓ 1 large potato, peeled and cubed
- ✓ 1/2 teaspoon pepper
- ✓ 1/8 teaspoon salt
- ✓ 1/3 cup medium pearl barley
- ✓ 1 can (5 ounces) evaporated milk
- ✓ 2 tablespoons tomato paste



Directions

In a Dutch oven over medium heat, cook and stir the beef, mushrooms, celery and onion until meat is no longer pink; drain. Stir in flour until blended; gradually add broth. Stir in the carrots, potato, pepper and salt. Bring to a boil. Stir in barley.

Reduce heat; cover and simmer for 45 – 50 minutes or until barley is tender. Whisk in milk and tomato paste; heat through.

Nutrition Facts: 1 3/4 cups equals 317 calories, 7 g fat (3 g saturated fat), 45 mg cholesterol, 753 mg sodium, 42 g carbohydrate, 6 g fiber, 21 g protein.

Diabetic Exchanges: 2 1/2 starch, 2 lean meat, 1 vegetable

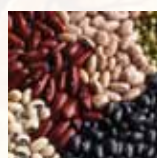
How to make healthier soup bases

Cream soups can be healthier if you use whole milk instead of cream. Evaporated skim milk is also a good substitution for cream. Chart showing calories, fat and fiber found in most common soup bases.



Ingredient 1 (cup)	Calories	Fat (g)	Sat. Fat (g)	Cholesterol (mg)	Fiber (g)
Light whipping Cream, liquid	698	74	46	265	0
Half-and-half	315	28	17	89	0
Whole milk	150	8	5	33	0
Stewed tomatoes, Canned	66	0.4	0	0	4
Tomato juice	41	0.1	0	0	2
Chicken/beef broth	25	1	0.5	~2	0.5

The Road To Better Health Is Paved With Good Choices



Maliseet Health Center



Maliseet 4 Miler



Chief Brenda Commander & Lisa Hardy

Twenty-seven runners and walkers took part in the Maliseet 4 Miler held in conjunction with the annual Maliseet Health Fair on August 28th.

Youth Activities



Lucas Flewelling, Francis Fredricks, Sean Lamkins, Amelia St. John and Sabastian Walton reached the peak of Mt. Katahdin.

The HBMI Youth had the opportunity to do various summer activities such as hiking, swimming, water tubing, canoeing, horseback riding, golfing and playing native games. Another highlight included camping out in Bar Harbor where the youth swam in the ocean at Sand Beach plus visited the Abbe Museum; some saw pictures of their relatives and friends.



Savannah Walton, Brittany Polchies, Jeremiah Ireland, Jaron Gentle, and Dawson Tucker

The Youth Department has recently adopted the **5 2 1 0** Slogan (5 or more helpings of fruit and vegetables a day; no more than 2 hours of screen time a day; at least 1 hour of physical activity a day: and 0 sugary drinks). In fact, we are hosting a “Lights on After School” where the youth will be educating the parents about **5 2 1 0**.

“Silent No More” Catch the Dream to End Domestic Violence



Amelia St John viewing the display at the Blue Moon Art Gallery

Viewers of the Maliseet Domestic Violence Awareness display are invited to add their dream of a violence free world to the dream catcher. The silhouettes speak to the viewer about their experiences of being abused.

Flu Season

It's time for Flu Vaccines.
“Protect yourself and your loved ones.”

The US CDC recommends that everyone 6 months and older be vaccinated against the flu this year. The flu vaccine will provide protection through the entire flu season.

The 2010-2011 flu vaccine will protect against:

- ↪ influenza A H3N2
- ↪ influenza B virus and
- ↪ the 2009 H1N1 virus that caused so much illness last season.

Call your tribal clinic to schedule your flu vaccine.



A ZUMBATHON

Event will be held Friday, November 5 in recognition of National Diabetes Awareness Month. A portion of the proceeds raised from the event will go to the American Diabetes Association. The event will be held at the Rollerama in Houlton from 6 – 8 pm. Come join the ZUMBA® Party while supporting a great cause! For more information contact Alissa Black, HBMI Fitness Coordinator at 532-2240

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c/o Houlton Band of Maliseet Indians

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For more information, check out www.smokefreeforme.org or call (207) 874-8774.

Editor

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Tribal Public Health Liaison
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News by e-mail

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

In the next issue there will be a section for acknowledgements of health programs, departments and individuals who have been recognized in 2010.

Please submit name(s) & the accomplishment.

Acknowledgements:

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

