

# Maine Intertribal Health Newsletter

## Indian Township 2<sup>nd</sup> Annual Health Walk

One hundred four tribal and community members joined us for our 2<sup>nd</sup> Annual Health Walk honoring cancer survivors. The event began with an opening prayer by Joan Dana. Those in our community who have battled cancer led the walk with Chief Joseph Socobasin. Wayne Newell drummed and sang the Welcome Song as the walkers departed on their 1.8 mile trek around Peter Dana Point.



*Joan Dana and Chief Joseph Socobasin with cancer survivors Evon Levesque, Geraldine Tomah, John Stevens, George (Billy) Sockabasin, Sylvia Sockabasin, Louis Polches Jr., Heiden Sockabasin, Jennifer Kelly, Larry Socobasin, Dennis Tomah Sr and Alfred Socoby as they prepare to lead the 2<sup>nd</sup> Annual Health Walk.*



*Chief Socobasin walks alongside survivors Sylvia Sockabasin and Alfred Socoby with Dale Newell II.*



*Beloved Tribal elders Wayne Newell, Joan Dana and Blanche Sockabasin prepare for the opening prayer and welcome.*

### LATE FALL 2011

Volume 3, Issue 4

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# Passamaquoddy



## Health Center

### A New Look

The Passamaquoddy Tribe – Indian Township is excited to present a new logo and name for our Health Center. As of Friday, September 23, 2011, our facility became known as Passamaquoddy Health Center.

The new logo is a combination of our Tribal flag, a traditional double curve design and a caduceus (a symbol of the medical profession). Our hope is that the new name and logo will be more reflective of the people we are dedicated to serving - Passamaquoddy people.

# 11<sup>th</sup> Annual Health Fair Pride In Our Past, Hope For Our Future

Passamaquoddy Health Center hosted the biggest Health Fair to date on September 23<sup>rd</sup>. Over 480 attendees enjoyed a day of health screening, education and activities. Health Center staff provided Diabetes, Cholesterol and Dental Screening, as well, as information on men's health, substance abuse, fitness, nutrition and men's and women's breast health. Staff also provided tie-dye t-shirt making, a traditional cooking contest, Zumba and rides on the Kiddie Train.

Tribal agencies joined Health Center staff in providing this opportunity to the community. These agencies included the Passamaquoddy Housing Authority, Warden Service, Police Department, Boys & Girls

Club, Environmental, Tomah Water, Tribal LIHEAP Program and others.

All children at the Tribal school attended thanks to the support of the Indian Township School staff. In addition to Tribal support, many non-Tribal agencies participated to provide education and activities to our community. We are fortunate to have far too many to list. Highlights included: free rapid HIV screening by Wabanaki Mental Health Association, songs by Little Eagles Drum Group, Camp Kieve's rock wall and MidCoast EMS's Seatbelt Convincer.

Thank you to everyone who helped make this a very successful Health Fair.



## Remembering Summer Successes



*Caleb Nicholas and Aaliyah Dana reach the summit on Camp Kieve's Rock Wall.*

# Penobscot Nation Health Center



## New Health Director - Jill MacDougall

I have worked for PNHD for the past 7 years and it has given me the opportunity to see how the department is functioning. My goals for the Health Department are to bring the employees together as a team and improve our working relationships so we can improve our patient relationships. Providing a service for our patients is why we are all here, and we must all focus on making sure we are doing it to our best abilities. There are a good group of people working here and I am very proud to be part of this team.



## Farewell And Thank You To Pat Knox-Nicola!

After 33 years of Service, Patricia Knox-Nicola, Director of Penobscot Nation Health Department has retired. Pat started as a Dental Hygienist on October 2, 1978. The dental program was the first on-site program at PNHD. Through the years Pat worked her way up slowly from dental hygienist to Clinic Business Manager to Program Director to Planner and finally to Director.

**What was the most challenging part of your job as director?** PNHD has never received enough funding to take care of everyone's entire health care wants and needs. She stated It is hard to implement rationed care.

**How has PNHD changed over the course of your employment?** In the beginning we didn't have a doctor, pharmacy, or a mental health department. So needless to say, the number s and types of services that we offer have expanded immensely.



The type of services provided has changed. In the first few years, the number of hospitalizations and emergency room visits were very high. Much more crisis intervention type of care was provided. Now the focus is on

prevention and maintenance of chronic illnesses. Hospitalizations and emergency care has decreased dramatically. More patients are staying well. The community is very lucky to have access to health, dental and mental health care right in our own community.

**What was your proudest moment?** It was very bittersweet for me when Dr. Bill Breen left. Dr. Breen and I had become very good friends and colleagues. However, I was very excited and proud that we had hired our first Native American physician, Dr. Ben Huerth. I was very proud and relieved when the building was expanded and when this last roof was finished.

**What has been the best part about your time here?** Watching the babies grow up to be adults with babies and seeing the tribe as a whole; change and grow.

## 2011 Teen Amazing Race

By Nicole Hines

This year, in conjunction with Community Days, we held our first Teen Amazing Race. Similar to the TV show *The Amazing Race*®, this event pitted 7 teams, each comprised of two members, against each other on a trek around Indian Island. The teams competed in a series of challenges, both physical and mental, to be the first team to complete all the challenges and thereby finish the race. Contestants traveled around the island both by



foot and by canoe to arrive at each of the different challenges. After completing a challenge, the team received cryptic clues to the next destination and instructions for the next challenge. Every challenge contained cultural references to Penobscot traditions, language, or government. Unlike the show, teams were not progressively eliminated throughout the race. Instead, all teams completed the course and all

participants received a prize for their hard work. Kameron Hines and Kyrin Dana finished first each won a grand prize, of an inflatable kayak.

Participant commentary: "I didn't realize it was gonna be this hard! But I had fun and would do it again." ~Kamron Hines

"I never saw the T.V. show *Amazing Race*, but I'm pretty sure I would never do it." ~Logan Hildreth

"This was awesome!" ~Keyana Voye



# Pleasant Point



## Health Center

### Reflections Health Fair & Health Walk



photo by Donald Soctomah



# Honoring Our Native Veterans



back row: John Taylor, Melvin Soctomah, Louis Bee Paul, Maxwell "Chick" Barnes, Lane Nicolas, Francis "Frankie" Cleaves, James Francis  
front row: Madonna Soctomah, Mary "Erne" Yarmal, Peter James Neptune Sr.

A gathering at the Pleasant Point Elderly meal site to honor our Native American Veterans was held on Tuesday, June 21<sup>st</sup>.

Sakom R. Clayton Cleaves addressed the group and he also read the Maine State proclamation of 2009 recognizing Native American Veterans which had been presented by then Governor John Baldacci. Those veterans in attendance were recognized and each one stood and honored their branch of service and division. Others also stood and mentioned their family members who were also veterans or who were



currently serving in the military. Barbara Paul presented her husband Louis with a poem about what it means to be a Marine. The Little Eagles drum group also honored the veterans with a veterans honor song.

## Canoeists Arrival Opens Indian Days At Sipayik



The 13<sup>th</sup> Annual Warrior Canoe Trip started at Indian Township on September 11, and arrived at Split Rock on September 12, opening the Indian Day Celebration.

# Tribal Health Liaison

**Stroke is the 3rd leading cause of death in America and the #1 cause of adult disability.**

**Stroke is an emergency.** The most effective treatments are only available if the stroke is recognized and diagnosed within the first three hours of the first symptoms.

Common stroke symptoms seen in both men and women:

- Sudden numbness or weakness of face, arm, or leg
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

**Action: Call 911**

Source: American Stroke Foundation

# Peer-To-Peer Training Opportunity

The Maine Helpers Program trains peers on how to talk with peers about commercial tobacco use. It is also appropriate for training non-clinical health professionals. This program was developed by the University of Arizona College of Medicine and has been tailored to fit the needs of Maine. Research has shown that people want to help their peers quit tobacco use - and that they will reach out to help if they have received the training to do so.

Become a Certified Helpers Trainer (CHT). A CHT can be any health professional with at least an Associate's Degree who has been tobacco-free for at least one year. Helpers Trainings provide practical skills and information to both non-clinical professionals and to non-professional lay helpers who have a desire to assist Maine residents with quitting the use of tobacco.

Certified Helpers Training  
3/14/12 – The Black Bear Inn,  
Orono, Maine

For more information contact:  
Becky Hendrix at 662-7122;  
[hendrr@mainehealth.org](mailto:hendrr@mainehealth.org) or visit  
<http://www.thequitlink.com>

# Diabetes Corner: Holiday Tips

1. Focus on friends and family instead of food.
2. Bring your favorite diabetes-friendly dish if you are going to a gathering.
3. Eat before you eat. Don't skip meals or snack as it will be harder to keep your blood glucose in control. Plus you will be more likely not to overeat.
4. Stay active. Plan time into each day for exercise and don't break your routine.

# Seasonal Flu

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. Some people, such as older people, young children, and people with certain health conditions are at high risk for serious flu complications. The best way to prevent the flu is by getting **vaccinated** each year.

Symptoms of the flu: High fever, headache, tiredness, cough or sore throat, muscle aches, runny or stuffy nose. Stay home if you are sick, until you are fever-free for a full 24 hours without taking fever-reducing medicine.

# Be Proud Wabanaki Youth Presenters

The Be Proud Wabanaki Youth attended several health fairs to help educate community members about HIV and STD's. They also recruited participants for 20 minute rapid HIV testing at their booth.



Back row:  
Charles Kindya, Juisen, Miigam'agan, Sharon Tomah & Emer Schiefer from ME CDC  
Front row: Amelia & Sam St. John



# Micmacs



## Victim Advocate Certifications



*Sandra Pictou and Deborah Roshon, LPN recently completed a certification training to be Victim Advocates for the Micmac Service Unit.*

## Micmac Service Unit Community Health November Updates

By Marie Danielle Leblanc, BSN, RN-MSU Community Health Nurse

**O**ur Community Health Program has worked towards promoting Healthy relationships through our Domestic Violence Prevention initiative. Note: There will be a women's and men's day to gather together and share beginning in December. Call the clinic for more information on these events.

Two community mobilization meetings indicated that our community would like education and increased services on Parenting and Healthy Lifestyle. Note: We are planning to organize evening or weekend events to include discussions or education on good parenting skills and ways to keep healthy. Look for flyers and announcements.

There is now a Crisis Response Team for our Micmac Community.

The Aroostook Band of Micmac Social Services and Micmac Service Unit participated in a recent 3 Day training from the National Organization for Victim Assistance (NOVA). The Team meets monthly to discuss further how to respond to any Disaster or Crisis with in our community. We are working with Wampum CISM organized with the Mi'Kmaq/Maliseet communities of Canada for a coordinated community crisis response.

SDPI Diabetes Support program continues each month. The meetings include a light healthy meal sampling, a 10 minute exercise session, and a brief Diabetes Education presentation. Each meeting will offer participants the opportunity to earn Healthy Bucks towards a Healthy living item from Wal-Mart. In addition, there are Diabetes Clinics Days such as the one on November 22nd. Continue to a watch for flyers and announcements for meeting dates and times.

Thank you for your support and participation in our programs.

**IT'S NOT TOO LATE TO GET FLU SHOTS, GET YOURS TODAY!**

**The Aroostook Band of Micmac celebrated their 20th Year of Federal Recognition by having a gathering at Spruce Haven on November 20th.**



## Looking Back At Micmac Health Fair



*Shirley Jewell, Little Feathers' Director, health fair booth.*



*Regan Brown from Let's Go! Aroostook educating on 5210*



# Maliseet Health Center



## How Asthma Friendly Is Your Home?

### **Asthma Healthy Homes Project (AHH!) Will Help Maliseet Tribal Members Breathe Easier**

Asthma is a chronic disease that can make it hard for people to breathe. With asthma, the tubes that carry air in and out of the lungs sometimes narrow, causing chest tightness, frequent coughing and shortness of breath. Maine has some of the highest rates of asthma in the U.S. and it's even higher in the Maliseet community! Twenty-eight percent of patients who use the HBMI Clinic have been diagnosed with asthma. Asthma cannot be cured, but it can be controlled.

Believe it or not, your home could be taking your breath away! Homes can be a source of hidden asthma triggers that can cause an asthma attack, or make asthma worse. You can help control your asthma by knowing what those common triggers are and by taking steps to improve your indoor air quality. The HBMI Asthma Healthy Homes (AHH!) project can help. The AHH! Project is an exciting partnership between the Houlton Band of Maliseet Indians and the U.S. Environmental Protection Agency that is designed to improve the health and quality of life of Maliseet tribal members with



asthma. The project can help you find out if your home is asthma friendly with an AHH! Visit by Dana Jones, a trained Asthma Healthy Homes Coordinator. Dana can be scheduled to come into your home at a convenient, pre-determined time and assess it for asthma triggers. You will receive personal education on risks found in your home as well as helpful asthma education resource materials. An AHH! Visit is absolutely free, confidential and without any obligation! Best of all, it can help you or someone you love breathe easier.

For more information or to sign up for an Asthma Healthy Homes Visit with Dana Jones, contact, Sue Tortello, Asthma Healthy Homes Project Leader, at 532-2240, Extension 20 or [nutrition@maliseets.com](mailto:nutrition@maliseets.com).

## Chris Weber, Youth Director



Growing up in Houlton and being active in recreation programs when I was younger, I realize how much a good Youth Activities Program means to a community. I graduated from Thomas College in 2007 with Bachelors Degree in Sports Management. I enjoy working with youth and keeping them busy with recreation programs. I feel the HBMI youth program allows the youth to be active and build friendships that could last a life time. They also build team work and leadership, both of which are crucial in the world we live in today.

## Coming Soon Electronic Health Records

Upon completion on the new building, the Maliseet clinic will begin to transition to an electronic health records system. You, as a patient, will see some differences with the way your medical information is handled. Most paper documentation will gradually be eliminated and all information pertaining to your health care will be in electronic format. This is beneficial for several reasons:

1. Improved efficiency (quick access to information versus flipping through numerous papers)
2. Improved safety (no misinterpretation of orders or diagnoses due to illegible writing, for example)
3. Improved workflow for staff
4. Improved confidentiality



Initially, the process for staff will be slower...so please is patient. It will take time for the staff to adjust to using a new computer system.

# Maine Intertribal Health Newsletter

c/o Houlton Band of Maliseet Indians

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## The Maine Wabanaki Child Welfare Truth and Reconciliation

**Commission** process will give Wabanaki people a chance to share their experiences with Maine State child welfare. For more information, go to [mainetribaltrc.org](http://mainetribaltrc.org) or contact Esther Attean at 615-3189 or [eattean@usm.maine.edu](mailto:eattean@usm.maine.edu)

## Bath Salts: A Dangerous New Drug

The drugs sold as “bath salts” have no legitimate use for bathing and are intended for substance abuse. These synthetic substances that, when used improperly, act in the brain like powerful stimulant drugs. “Bath salts” give users a euphoric feeling said to be “more intense than that brought on by cocaine.” Often marketed as “not for human consumption” to avoid

legal prosecution, “bath salts” and the chemicals used to create them are now illegal to sell or have in the United States.

The “bath salt” substances are known to produce side effects, some of which are quite severe. These effects include, but are not limited to short term side effects such as:

- Increased heart rate
- Agitation
- Hallucinations
- Risk of kidney failure

## Editors



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Tribal Public Health Liaisons

### *News by e-mail*

Send your name, e-mail address and tribal affiliation to:  
[jireland@maliseets.com](mailto:jireland@maliseets.com)  
[cwebber@maliseets.com](mailto:cwebber@maliseets.com)

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