Penobscot Snowshoe Club

First though fourth graders are strapping on their snowshoes two times per week for some winter fun mixed with mini lessons in native culture and healthy nutrition. The children learn to navigate, to identify animal tracks, and to respect the land and one another with lessons from Dale Lolar. The kids are also provided with nutrition education and nutritious snacks that help enable them to stay healthy, strong, and active.

Glimpses of Winter’s Wonderland

Maliseet Youth Activities

The Houlton Band of Maliseet Indians is enjoying an abundance of fun and enriching activities. This winter we did a snowshoeing event, the youth gathered dead twigs from the trail, made a campfire to toast marshmallows and have hot chocolate from melted snow! All the various species of trees were pointed out so the youth can now identify many trees, both deciduous and non. Many different animal tracks were discovered in the snow, from numerous deer and rabbit tracks to even a bobcat!
Heart Health Awareness
Cardiovascular disease, includes heart disease, heart attack and stroke. Heart Disease is the number one killer for men and women, both nationally and in Maine. Heart Attacks and stroke kill 1 out of 4 Native Americans

Prevention is important!
The good news is you can prevent cardiovascular disease by learning about your risk and making heart healthy choices and changes. And, even if you already have cardiovascular disease, you can take steps to improve your health and live a long life.
✓ Know your numbers - blood pressure, waist size & cholesterol.
✓ Take medication if it has been prescribed.
✓ Limit the amounts of salt, sugar, and fats in your diet.
✓ Be more physically active - walking is a great way to be active.
✓ Quit smoking: Talk with your doctor and /or call the Maine Tobacco Help Line at 1-800-207-1230. They can help you quit.
✓ Get regular checkups from your health care provider.

Most Common Heart Disease Risk Factors:
- High Blood Pressure - High Blood Cholesterol - Diabetes - Smoking – Being older
- Being overweight - Being physically inactive – Family History of early heart disease

Know the Signs of a Heart Attack.
Chest Pain or discomfort
Pain or discomfort in the jaw, neck or back
Feeling weak, light-headed, faint or sweaty
Pain or discomfort in the arms or shoulders
Shortness of breath

Action: At the first sign CALL 9-1-1 Immediately

Know Your Numbers!

| Waist Measurement | Men - 40 inches or less  
| Total Cholesterol | Less than 200mg/dL  
| LDL – Keep Low! | Less than 100mg/dL  
| HDL – Keep High! | Men - 40 mg/dL or more  
| Triglycerides | Less than 150mg/dL  

Source: Maine CDC Cardiovascular Disease Program / NIH/Indian Health Service “Honoring the Gift of Heart Health”
Cochran Receives Nashville Area Recognition!

Theresa’s Cochran’s hard work and dedication, although recognized locally by patients and co-workers alike for a long time, has earned her a spot among the select, chosen few within the Nashville Area of Indian Health Service, for her outstanding contributions to health services delivery to the Micmac Tribe. Recently, Theresa was invited as a guest of honor, to attend the Indian Health Service (I.H.S.) Awards Ceremony, held at the Gaylord Opryland Hotel in Nashville, Tennessee, where she was recognized for her supervisory skills serving as the Supervisory Health System Specialist for the Aroostook Band of Micmacs. While attending the 2009 Area Honor Awards and Promotions Ceremony, Theresa was awarded the distinction of “Employee of the Year” in the “Supervisory Staff” Category.

Her supervisor, John Ouellette, shared his appreciation and congratulations over Ms. Cochran’s recent accolade by stating that “Theresa’s selection couldn’t have come to a more deserving individual. Her leadership influence spans beyond her immediate staff, to that of the entire Service Unit staff.”

Is This The Year You Plan To Quit Smoking?

It can take up to several attempts to quit smoking but your chances of success go up with help.

The Maine Tobacco Helpline can help you quit for good, with personal coaching and a plan designed for you.

It is free, confidential and it really works. You may even be eligible for free medication to make quitting less difficult.

1-800-207-01230 Maine Tobacco Helpline
As many folks know, drug abuse is a major challenge for many of our youth as well as adults. Methamphetamine is destroying Native communities in the southwest part of the country. In the Northeast, Maine is known to have one of the highest rates of prescription drug mis-use and abuse in the country. The Wabanaki communities are also exposed to this problem. In light of this, Counseling Services, along with the Penobscot Nation Drug Prevention Team, will be holding several educational programs over the next few months geared toward the prevention of prescription drug and methamphetamine abuse. Some of the activities will include focus groups for the purpose of education and discussion, departmental trainings, and collaboration with the Boys and Girls club in prevention projects. The Tribal Council has encouraged projects like these with a resolution that was signed in October 2009 that supported the work of the Drug Prevention Team in regard to prescription drug abuse/mis-use and established a zero-tolerance policy in regard to methamphetamine.

We will also be conducting educational trainings on suicide prevention. With the assistance of the Maine State Youth Suicide Prevention Project, these trainings will provide base information on how to identify warning signs and provide help for youth and adults who may be struggling with this issue.

Finally, Counseling Services will be hosting a family retreat day sometime in the Spring, as well as the annual graduation dinner for students and families. Recognition of achievement and the acknowledgement of strong family and cultural values are known to be factors that foster healthy individuals and communities.

The Health Department has been working on updating the Patient Handbook. This pamphlet contains information on each service provided by the Health Department, hours of operation, listing of staff members, eligibility criteria, after hour services, and the appeals process for denial of services. If you are interested in having this information, please ask Naya or Denise at the Front Desk.

The clinic is offering new free meters to all diabetic patients in place of the former One Touch meters. The benefits of the new Freestyle meter are as follows: the meter requires a very small drop of blood, does not need to be coded, and allows users to test on different sites of the body including calves, thighs, forearms, and upper arms.

Testing allows people to learn about how their blood sugar reacts to food, activity, and medication. For example, if you test before a meal, eat a particular food, and test 1 ½- 2 hours later, you will learn how that food and portion size has affected your sugars, and that information helps you to make changes better choices next time. Testing also helps your provider determine whether a medication adjustment is in order.

To get your new meter or help with your new meter, contact Abbey McCarthy at the clinic at 817-7426.
Healthy Through the Holidays Challenge

Healthy through the Holidays was a 6-week challenge encouraging healthy eating and exercise from November 23 – January 3 with eleven HBMI staff and community members participating. The Challenge was based on a point system emphasizing intake of water, fruit, vegetables, and daily physical activity. As participants document their intake they have the opportunity to earn healthy prizes such as a water bottle and Subway gift card based on the points they accrued throughout the six weeks. Throughout the 2009 Challenge participants consumed 19,176 ounces of water, 600 servings of fruit, 995 servings of vegetables, and 162 hours of physical activity! Several participants maintained and even lost weight through the six week challenge which is an astounding accomplishment during the holiday season!

Great job to all who took part!

New Health Director

I am honored to have taken over in the role of Health Director, replacing Carol Francis who accepted another position within the tribe. I have been licensed as a registered nurse for 13 years and spent the last 6 years in management. The challenges of providing excellent health care services in an array of forms is an daunting task but am up for the challenge, recognizing that no system is perfect and always has room for improvement and growth.

Having the opportunity to design a building to meet the needs of the tribal community is wonderful. As many of you know, the current clinic building is too small and lacks in the area of functionality. We hope to remedy many of the current problems with the new design.

We are currently in the design phase of the new health clinic building. We hope to have this building in operation in early 2011. Stay tuned for further information on the progress!

Confidential HIV testing services will be available at the Maliseet Clinic Monday April 12th from 10 am-2 pm.

Health Center Update

Tribal Chief, Brenda Commander returned from Christmas vacation with some very exciting news from HUD. The grant application submitted under the Indian Community Development Block Grant to add additional space for the new health clinic was awarded $600,000, bringing the total award(s) for this project to $2,275,000. This grant will fund a pharmacy, dental space and additional space for the fitness and equipment room.

Confidential HIV testing services will be available at the Maliseet Clinic Monday April 12th from 10 am-2 pm.
Pleasant Point

Health Center

- Received a $5,000 Maine CDC Grant to boost Immunization and vaccines for children 2009
- Received a $1,250 Grant from USET FY2010 Health Promotion/Disease Prevention Mini Award for Oral Health
- Applied for an USDA Research and Development for funds to finish the roof renovations and new sprinkler system.

Did You Know?

Babies who do not get mother’s milk have more:
- Allergies
- Illnesses and hospital stays
- Earaches
- Diarrhea and constipation
- Tooth decay

Moms who do not breastfeed their babies may:
- Bleed longer after giving birth
- Take longer to get back into shape
- Have weaker bones as they get older
- Have a higher risk of some types of cancer

Fit WIC News

Does your child eat hardly anything for several days and then eat a lot on other days?

Even though this may worry you, it is normal for kids to eat this way. Your child knows best how much he needs to eat, so don’t encourage him to eat more than he needs.

What Should You Do If Your Child Doesn’t Want To Eat At A Meal?

- Have your child sit at the table with everyone else.
- Give him some healthy foods to choose from.
- Always include one food that he likes (bread, peanut butter, potato, carrots, etc.)
- Relax and don’t force or encourage your child to eat.
- She may decide to eat something, once she sees that you have relaxed.
- If he doesn’t eat, it’s OK. A healthy snack should be offered in a few hours.

THIS IS WHAT YOU CAN DO FOR YOUR CHILD:
- Give her healthy foods to choose from
- Serve meals and snacks at regular times each day.

THIS IS WHAT YOUR CHILD CAN DECIDE:
- Which of the foods you serve to eat.
- How much to eat.

Funny Fruit Pizzas

Ingredients:
- Low-fat mozzarella cheese slices or shredded cheese
- English muffins, sliced in half
- Fruit - apple, banana, orange or seedless grapes (well washed)

What to Do:
1. Give each child half a muffin. Have them place a cheese slice on the muffin.
2. Toast the muffins until the cheese melts. While the muffins are toasting have the children do the next step.
3. Let children peel the bananas and oranges. They can also pick the grapes off the stems.
4. An adult should cut the fruit into small pieces. Let the children top their muffins with the fruit.

Keep portion sizes small for children. They can always have seconds.
Making informed food choices is important. Why? Essentially “we are what we eat!” The type, quality and amount of food we consume each day plays a vital role in our overall health and level of physical fitness. This month, develop sound eating habits for a healthier you.

Your tribal RD will be glad to help!

Veggie Fried Rice

**Ingredients**
- 2 tablespoons olive oil
- 1/2 cup shredded carrots
- 1/4 cup finely chopped onion
- 1/2 cup finely chopped broccoli
- 2 cups cooked rice
- 1/4 cup water
- 1/4 cup milk
- 3 eggs
- 1 tablespoon soy sauce

**Instructions**
2. Add cooked rice and water to vegetables.
3. Cook and stir for 3 minutes
4. Beat eggs and milk together in a small bowl
5. Pour milk and eggs over rice mixture in skillet
6. Cook over medium heat, stirring gently until eggs are firm
7. Season with soy sauce and pepper

Leftover chicken, ham or roast beef can be added to the Veggie Fried Rice to make a meal. Serve with a glass of skim or low-fat milk.

If you need assistance ask your tribal nutritionist or fitness coordinator for help.

**National Nutrition Awareness**

What Is The Best Way To Lose Weight?

The bottom line is calories. What matters is balancing calories in and calories out. In other words, you need to eat just enough calories to cover your daily activity to keep your weight the same. To lose weight, you need to eat less than what you spend in activity.

- Eating right doesn't have to turn into a big math project. Try the following:
  - Eat moderate portions
  - Cut back on "extras", like desserts, sodas, or too much juice
  - Cut back on portions
  - Fit in a type of exercise you enjoy almost every day
  - Jazz up your exercise level

Try these steps to guess how many calories you need a day:

- Multiply your weight by 10 (example: 210 pounds x 10 = 2100)
- Subtract 500-1000 from that number (example: 2100 - 500 = 1600 calories a day)

Generally, women should not eat less than 1200 calories a day, men not less than 1500 calories a day.

If you need assistance ask your tribal nutritionist or fitness coordinator for help.

Include Protein in Every Meal or Snack. Protein foods have little or no effect on blood glucose levels and tend to be very satisfying. Good protein foods include fish, poultry, lean beef and pork, tofu, low-fat cheese and milk, eggs and beans.

Diabetes Tip:

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What You Need To Know About Cancer of the Colon and Rectum

Definition of colon cancer: Cancer that forms in the tissues of the colon (the longest part of the large intestine). Colorectal cancer is the 4th most common cancer in men, after skin, prostate, and lung cancer. It is also the 4th most common cancer in women, after skin, breast, and lung cancer.

Definition of rectal cancer: Cancer that forms in the tissues of the rectum (the last several inches of the large intestine closest to the anus).

Estimated new cases and deaths from colon and rectal cancer in the United States in 2009:

New cases: 106,100 (colon); 40,870 (rectal)
Deaths: 49,920 (colon & rectal combined)

Risk Factors

- Age over 50: Colorectal cancer is more likely to occur as people get older. More than 90 percent of people with this disease are diagnosed after age 50. The average age at diagnosis is 72.
- Colorectal polyps: Polyps are growths on the inner wall of the colon or rectum. They are common in people over age 50. Most polyps are benign (not cancer), but some polyps (adenomas) can become cancer. Finding and removing polyps may reduce the risk of colorectal cancer.
- Family history of colorectal cancer: Close relatives (parents, brothers, sisters, or children) of a person with a history of colorectal cancer are somewhat more likely to develop this disease themselves, especially if the relative had the cancer at a young age. If many close relatives have a history of colorectal cancer, the risk is even greater.
- Genetic alterations: Changes in certain genes increase the risk of colorectal cancer.
- Personal history of cancer: A person who has already had colorectal cancer may develop colorectal cancer a second time. Also, women with a history of cancer of the ovary, uterus (endometrium), or breast are at a somewhat higher risk of developing colorectal cancer.
- Ulcerative colitis or Crohn’s disease: A person who has had a condition that causes inflammation of the colon (such as ulcerative colitis or Crohn’s disease) for many years is at increased risk of developing colorectal cancer.
- Diet: Studies suggest that diets high in fat (especially animal fat) and low in calcium, folate, and fiber may increase the risk of colorectal cancer. Also, some studies suggest that people who eat a diet very low in fruits and vegetables may have a higher risk of colorectal cancer. However, results from diet studies do not always agree, and more research is needed to better understand how diet affects the risk of colorectal cancer.
- Cigarette smoking: A person who smokes cigarettes may be at increased risk of developing polyps and colorectal cancer.

What Can You Do?
The best you can do is early detection. To find polyps or early colorectal cancer:
- People in their 50s and older should be screened.
- People who are at higher-than-average risk of colorectal cancer should talk with their doctor about whether to have screening tests before age 50, what tests to have, the benefits and risks of each test, and how often to schedule appointments.
Safe Medicine Disposal for ME Program

Drug disposal envelopes are available free of charge to individuals and families (no age restrictions) at the following locations:

### AROOSTOOK

**Site Name**  
- La Maison Acadienne  
- Saint John Valley Pharmacy  
- Aroostook Wellness  
- Aroostook Area Agency on Aging  
- Rite Aid Pharmacy  
- Rite Aid Pharmacy

**Location**  
- 339 French St, Madawaska  
- 183 Market St., Fort Kent  
- 22 Birdseye Ave Ste. A, Caribou  
- 33 Davis St, Presque Isle  
- 112 Bennett Dr., Caribou  
- 137 North St., Houlton

**Phone**  
- 728-4673  
- 834-2880  
- 492-0346  
- 764-3396  
- 498-8735  
- 532-6876

### PENOBSCOT

**Site Name**  
- Hearts-Ease Mental Health  
- Hospice of Eastern Maine  
- Miller Drug  
- PCHC Pharmacy  
- Helen Hunt Health Center Pharmacy  
- Penobscot Nation Health Center Pharmacy  
- Edwards Pharmacy  
- EMMC Family Medicine of Brewer  
- Eastern Area Agency on Aging  
- Westgate Pharmacy  
- Riverside Pharmacy  
- Airline Pharmacy  
- Penobscot Valley Hospital  
- Hannaford Pharmacy  
- Health Access Network  
- Davis Pharmacy  
- Rite Aid Pharmacy  
- Rite Aid Pharmacy  
- Hannaford Pharmacy  
- Community Pharmacy  
- City of Brewer Waste Water Treatment Facility  
- Newport Community Pharmacy  
- Hannaford Pharmacy

**Location**  
- 268 State St., Bangor  
- 885 Union St., Suite 220, Bangor  
- 210 State St, Bangor  
- 1084 Union St., Bangor  
- 242 Brunswick St., Old Town  
- 23 Wabanaki Way., Indian Island  
- 77 Western Ave., Hampden  
- 234 State St., Brewer  
- 450 Essex St., Bangor  
- 915 Union St., Suite 7, Bangor  
- 431 State St, Bangor  
- 405 N. Main St., Brewer  
- 7 Transalpine Rd., Lincoln  
- 22 Goding Ave., Lincoln  
- 59 Main St., East Millinocket  
- 422 Wilson St., Brewer  
- 1 West Broadway, Lincoln  
- 843 Central St., Millinocket  
- 37 Church St., Dexter  
- 37 Oak St., Brewer  
- 44 Moosehead Trail., Newport  
- 1133 Union St., Bangor

**Phone**  
- 990-0188 ext 21  
- 973-6550  
- 800-427-8369  
- 992-4100  
- 992-4100  
- 817-7435  
- 862-5280  
- 989-0550  
- 941-2865  
- 973-6788  
- 973-8888  
- 989-0001  
- 794-7109  
- 794-6513  
- 794-6700  
- 746-3721  
- 989-6238  
- 794-3344  
- 723-8148  
- 924-6259  
- 989-5417  
- 368-5230  
- 945-3772

### WASHINGTON

**Site Name**  
- Rite Aid Pharmacy  
- Pleasant Point Health Center  
- Rite Aid Pharmacy  

**Location**  
- 144 Dublin St., Machias  
- 11 Back Road, Perry  
- 223-233 North St, Calais

**Phone**  
- 255-3458  
- 853-0644  
- 454-2262

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E-mail: info@safemeddisposal.com  
Phone: 866-637-9743  
Website: www.safemeddisposal.com
Flu Messages

1. If you are at risk for complications of the flu and are showing symptoms, see your healthcare provider.

2. Everyday precautions are still extremely important: Cover your cough, Wash your hands.

3. Stay Home if you are Sick.

We wish to thank everyone who did their part to protect themselves, others and your loved ones from the H1N1 flu this season!

David A. Slagger, Maine Tribal Census Specialist, Is Encouraging Everyone To Get Involved In Being Counted In The 2010 Census.

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News by e-mail
Would you like to get your newsletter through your e-mail? If so send your name, e-mail address and tribal affiliation to jireland@maliseets.com cfrancis@maliseets.com

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