

Maine Intertribal Health Newsletter

Winners of the Community Cook-Off



Winner of the Community Cook-Off from left to right, Nicole Hines- 2nd place, Clarice Hildreth-Chavaree- 3rd place, and Debra Kondilis- 1st place with the winning dish of clam chowder.

Penobscot Nation held its first annual Winter Carnival Friday, February 25th. The Winter Carnival was a day long celebration for all the fun physical activities that winter bestows upon us. The Carnival featured sledding, snowshoeing, and ice skating activities as well as a community cook off whereby participants competed for the title and prize for best Crockpot meal, soup, or chowder. The event was a collaborative effort between many different departments and was spearheaded by the Cultural Department.

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Blood Root, Sanguinaria canadensis - traditionally used for making dye (should be handled cautiously as it can be toxic)

Penobscot Nation Health Center



Abbey McCarthy, R.D.

National Nutrition Month Display

Penobscot Nation Health Department celebrated National Nutrition day on March 8th. The theme was to eat more colors- red, purple, blue, green, orange, yellow, and white - with the goal being 9 (½ cup) servings of fruits and vegetables per day. Participants sampled fruit smoothies, picked up handouts for increasing fruit and vegetable consumption, and entered a drawing to win mini fruit and vegetable baskets made by Penobscot basket maker Kim Bryant.

Children exposed to secondhand smoke at home are 44 % more likely to suffer from asthma.

Teen Night



Aiyana Mitchell, Claudia Cummings, and Taylor Littlefield try miso soup, seaweed salad, and edamame beans at a local Japanese Restaurant as part of Teen Night.

Penobscot Nation Health Department has recently commenced a new program for teenagers, called “Teen Night.” Teen Night is a weekly interdepartmental program whereby youth, aged 13 through 19, are provided with activities and education in a fun, social atmosphere. Activities include physical activity outings like snowshoeing, bowling, and sledding, and other activities such as cooking activities, movies, and board games. The goal of this program is to aid in substance abuse prevention, to increase social consciousness, to increase exposure

to different physical activities, to increase healthy eating behaviors, and to build relationships with tribal role models and leaders within the community.



Aiyana Mitchell and Kamron Hines scale the rock wall during a Teen Night activity.

Weight Watchers

An onsite Weight Watchers class is being held at the Penobscot Nation Health Department March 16th through June 1st. The 12 week weight management session offers weekly motivational topics and support in regards to healthy eating and physical activity. Participants weigh in weekly, share recipes, and support one in other their efforts for a healthy lifestyle.

Micmacs



Welcomes Dentist...

Ray Samuel Hall II, D.D.S. provides dental services at the Micmac Service Unit Clinic. Doctor Hall is a graduate of Indiana University and the Indiana School of Dentistry in 1981. He spent one year with the Indiana Public Health Department, several years in private practice, four years as the owner of Affordable Dentures, and four years with I.H.S. affiliated practices in North Dakota, Alaska and Maine. He works in Kotzebue, Alaska, when not in Maine. Dr. Hall has been married for 30 years to wife Mellisa. He has two grown children, two grandsons, and lives in Evansville, Indiana. His interests include basketball, winter camping, travel and reading.



Ray Samuel Hall II, DDS

Stop Bullying Now Program

The Stop Bullying Now Program was a success thanks to the participation and interest of the children!! Presented by Julia Walton, Suicide Prevention Coordinator and volunteer Troy DeWitt. Julia's knowledge and Troy's leadership and dedication made this an effective and positive learning experience.



Standing: Sam Hebert, Troy Melissa DeWitt, Gesig Joseph, Hali Fieler Middle: Wynnona Estabrook, Emma Patterson, Rosalyn Rubio Front: Rachel Drost, Mishun Morey, Skyeanna Rubio Absent: Tristyn Case, Caidyn Case, Pedro Rubio Photo taken by: Nichole Francis

Women's Retreat on Domestic Violence

Twenty women including staff attended a two day retreat on Domestic Violence hosted by the Micmac Service unit and ABMI Social Services on Feb 26 and 27th. The retreat included an opening prayer, a talking circle; opportunity to participate in Women's Ceremonial Sweat Lodge conducted by Mi'Kmaq Elder Glenda, plus making medicine bags. On the second day Karen Kimball provided education on various Native Medicinal plants that are found in this area. The participants had many positive comments on the evaluation including it was an awesome weekend.

"Men don't feel left out as there is a Men's Retreat being planned for you in the near future"



Arlene Wright, LPN/Care Manager

Clinic employee receives certification

Arlene Wright, LPN/ Care Manager recently completed the Hepatitis C Virus Basic Education Certification. This training has given Arlene the tools she needs to provide education and to assist in planning and coordinating patient care for clients who are being treated for Hepatitis C.

Indian Township



Health Center

April Vacation Activities



Matthew Dana and Fawn Cummings look over "Consequences of Smoking", provided by Tribal Public Health Liaison.

ITHC, MIBA, Passamaquoddy Warden Service and Boys & Girls Club sponsored April Vacation Activities at Indian Township Youth and their family members came out on Monday, April 18th from 10 am -2 pm for "Family Fun Day", which included a scavenger hunt, relay races, kickball, tobacco education, and a cookout, along with many other activities. Tuesday, April 19th 3 on 3 Co-ed Basketball Tournaments were held, and the bowling alley was opened to the community. Wednesday and Thursday the Maine Indian Basketmakers Alliance held a basket making class for youth. In addition, a film series of Passamaquoddy History was shown by Donald Soctomah.

Health Center Welcomes New Physician's Assistant Scott Withers



Scott Withers, PA

Indian Township welcomes Scott Withers, new Physician Assistant at the Indian Township Health Center. He was born and raised in the Boston area. Scott met his loving and lovely wife at Boston University, where they were both students there, majoring in Psychology. After college they went "back to the land" and lived on a very old dairy farm in rural New Hampshire. While there Scott joined the local volunteer ambulance squad and developed his

love for medicine. He was admitted to the Duke Medical School PA program in 1979. Scott's first job after graduating was in Orthopedic Surgery in Ithaca, NY, where he helped operate on so many knees that he could do it in his sleep. He and his wonderful family including Marjorie, his son Jeremy and daughter Wren moved to Maine in 1984 and have loved the area since then. He has worked mainly to Emergency Medicine and Family Practice since moving to Maine.

Planned Improvements for Indian Township Health Center



The Indian Township Health Center is now in the process of planning renovations to the dental, human services, and medical reception areas; with a goal of improving patient care and comfort. Anticipated renovations will include a separate entrance and waiting rooms for the dental and behavioral health departments, separate dental exam rooms, an additional bathroom and improvements to the medical reception and waiting areas.

Maliseet Health Center



Bonnie Heavy Runner Advocacy Award



Jane Root

Jane Root, Director of the Maliseet Domestic Violence and Sexual Assault Advocacy Program was presented with the 'Bonnie Heavy Runner Advocacy Award' at the 12th National Indian Nations Conference in Palm Springs, CA on December 10, 2010. The plaque reads "In Appreciation and Recognition of Your Outstanding Service to Victims of Crime in Indian Country." Jane was presented with a Pendelton blanket as well.



Alissa Black

Congratulations to Alissa Black & the HBMI Fitness Program

A"Thank you" goes to Alissa Black, Fitness Coordinator for the Houlton Band of Maliseets Fitness Program for all of her hard work for the Maliseet community, as they have been chosen by the Maine Governor's Council on Physical Activity as a winner of the 2011 Maine Fitness Award in the Special Populations Category. Alissa will be accepting the award on Tuesday, April 26th at the State House Hall of Flags in Augusta.

Sisters Empower And Support Each Other In Being Smoke Free.



Lisa Mathews and Sue Desiderio

Lisa Mathews quit smoking in 2009 knowing what it was doing to her health plus seeing the affects of what smoking can do to others. The use of nicotine patches, thinking positive thoughts such as: "I Can Do It", education on tobacco abuse, as well as a mother's wish were all helpful in her journey to quitting this habit. Lisa shares that the benefits of being smoke free are many, however her greatest gift is now breathing easier and being able to enjoy walks and other activities.

Sue Desiderio found setting a quit

date for not smoking was helpful; the date she chose was Martin Luther King's Day in 2010. Sue used the nicotine patch, and when cravings started would find something to keep her busy, along with deep breathing exercises. Her other motivators included thinking "Lisa quit smoking, I can to", as well as for filling her mother's request to be smoke free and stay healthy. Sue's shared her other rewards including no longer having the discomfort from acid reflux and not smelling like cigarette smoke around her little grandson.

Pleasant Point



Health Center

Stop Domestic Violence



Pauline "Sunshine" Lola and Nancy Southern promote awareness of domestic violence

Pleasant Point Health Center Welcomes New Pharmacist, Kristian Jackson



Kristian attended Northeastern University in Boston MA, Graduating in 2000. He has spent the past 5 years working at the Veterans Administration in Massachusetts. When asked what brought him to join the team at PPHC Pharmacy, he credits one of his desires is to become more involved in Public Health Service. Kristian, who enjoys the outdoors, plans to take the opportunity to experience this area, and hopes to take up hiking and kayaking.

Snapshots of Pharmacy Renovations



The inner workings.



Client service counter.

Spring Salad

by Kathleen Majka, R.D.

3 cups washed baby spinach leaves
3 cups washed and torn salad greens
1 cup sliced strawberries
1/4 cup sliced almonds
1/4 cup sliced mushrooms
1/4 cup snow pea pods
1/4 cup mandarin orange slices.
1 medium red onion, thinly sliced

Dressing:

1/4 cup orange juice
2 tablespoons honey
1 teaspoon Dijon mustard
1/2 teaspoon poppy seeds
Salt
Pepper
2 tablespoons olive oil

Toss together the spinach leaves, salad greens and other salad ingredients in a large bowl. For dressing: combine the orange juice, honey, mustard, poppy seeds and salt and pepper to taste in a small bowl until well mixed. Slowly drizzle in the olive oil, whisking constantly until the dressing is mixed. Toss the dressing with the salad or serve on the side. Yield: 6 Servings



Too much salt!

Too Much SALT CAN DAMAGE YOUR HEALTH

It can cause:

**HIGH BLOOD PRESSURE,
HEART DISEASE,
STROKE, OBESITY,
KIDNEY DISEASE,
OSTEOPOROSIS &
STOMACH CANCER**

Be aware that
77 % of sodium/salt comes
from processed and
restaurant food.

Diabetes Corner

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

For your health:

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, soars 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.

A Special

Thanks

For Your

Support And

Participation

In The

Waponahki

Tribal Health

Assessment.



Clam Chowder

Submitted by Deb Kondilis, Penobscot Nations Cook-Off Winner

- 4 tsp Smart Balance® light butter spread
- 3 cloves garlic, minced
- 1 large white onion, chopped
- 1 stalk celery, chopped
- 2 Tble white flour
- 3 cups water
- 1 lb russet potato, cut into ½ inch cubes
- ½ tsp salt
- 1 lb chopped clams in their liquid
- 1 cup 2% milk
- 1/8 tsp black pepper
- Directions: Melt the spread in a large stock pot over medium heat. Add the garlic, onion, and celery and cook until the onions begin to soften.
- Add the flour by dusting it over the top about a half tablespoon at a time. Stir it gently after each dusting, making sure it blends well and does not clump.
- Add the water and stir for about a minute. Add the potatoes and salt and cook, stirring occasionally until soft. Add the clams and stir. Cook gently over medium low heat until the soup is thick.
- Remove from the heat and allow it to cool for about 15 minutes. Stir the milk and add the freshly ground black pepper.

The soup is best made the day before and reheated.

Servings size: 2 cups provides 258 calories, 4 grams total fat, 1 gram saturated, 442 mg salt, 34 gram carb, 4 grams fiber, and 20 grams protein

Colorectal Cancer

Colorectal Cancer is one of the most commonly diagnosed cancers in the U.S. Colon Cancer forms in the tissues of the longest part of the large intestine. Rectal Cancer forms in the tissues of the rectum, which is the last seven inches of the large intestine.

Risk factors include:

- ✓ Over 50 years of age
- ✓ Colorectal polyps
- ✓ History of ulcerative colitis or Crohn's disease
- ✓ Smoking
- ✓ Family history of cancer
- ✓ Personal history of cancer
- ✓ People who have diets high in fat and low in calcium, folate and fiber

Early detection is key. To find polyps or colorectal cancer people in their 50's should be screened, and people who are at a higher risk should talk with their doctor.



Maine Intertribal Health Newsletter

c/o Houlton Band of Maliseet Indians

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CHANGE SERVICE REQUESTED

PRSRST STD
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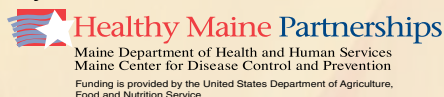


These are

athletic shoes.

Physical activity is a walk on the beach. A stroll around the yard. A trip around the block. And your heart will become stronger for it. In fact, anything you do – no matter how small – can begin to improve your health. It's that simple.

For more ways to get healthier in your community, go to www.healthymainewalks.org or visit www.healthymainepartnerships.org/panp



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