

Maine Intertribal Health Newsletter

Micmac Service Unit Awarded Accreditation by Accreditation Association for Ambulatory Health Care (AAAHC)

“The Micmac Service Unit Staff believe its patients deserve the best “

Back row, left to right: Lynn Maillett: Medical Support Assistant, Lezlie Willette: Medical Support Assistant, Cheryl Corbin: Secretary, Theresa Cochran: Supervisor Health Systems Specialist, Robert Lemoine: Supervisory Nurse Practitioner, Perry Ciszewski: IT Specialist, Middle row, left to right; Georgie



Smart: Field Health Tech/Dental Assistant, Arlene Wright: Licensed Nurse, Angel Gilberti: Medical Records Technician, Lisa Henderson: Contract Health Technician, Front

row: John Ouellette: Health System Administrator /CEO

Missing: Deborah Roshon: Licensed Nurse

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Editor

Jerolyn Ireland, RN
Tribal Public Health Liaison
Houlton Band of Maliseet Indians

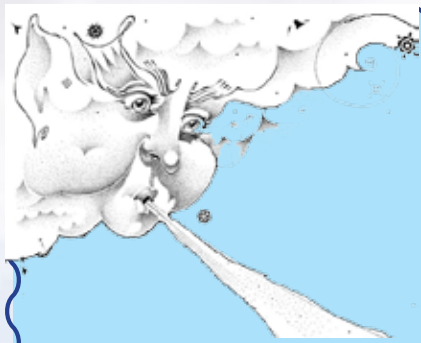
News by e-mail

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

Acknowledgements:

MAINE TRIBAL HEALTH DIRECTORS
MAINE DEPARTMENT OF HEALTH AND
HUMAN SERVICES





ASTHMA

You Can Feel Better What you can do to make your home healthier!

- ❖ Don't let people smoke in your home.
- ❖ Limit the use of candles, incense and strong cleaning products. Open a window while cleaning.
- ❖ Allergic to dust? Vacuum at least once a week. Use an "allergy safe" pillow and mattress cover.
- ❖ Wood stove? Use only dry hardwoods.
- ❖ Use kitchen and bath fans. Clean leaks and spills. Wipe surface mold with detergent and water. Mold can be a big problem.
- ❖ Pets - are you allergic? Don't let pets sleep with you.
- ❖ Pests – look for ants, cockroaches & mice. Use boric acid and traps. Clean crumbs and spills. Store food in sealed containers.

Plans for Waponahki Health Assessment



There is very little data on the health status and quality of care for enrolled members of the federally recognized tribes in Maine. To identify the current health status of tribal population the Maine Tribal Health Directors have been working together to plan and implement a comprehensive community health assessment. The assessment will collect tribal specific health information from tribal members 18 and older in each of the five Maine Tribal Communities. The tribal health directors will use the information from the survey as a guide for program planning, development of services, and for seeking future funding, as needed.

“Your Input will be Important.” All information you share on the tribal health survey will be protected and confidential. Incentives (Gift Cards) will be provided to individuals who complete a survey. The Waponahki Health Assessment survey questionnaire is near completion. You will be receiving additional information before the health assessment survey is conducted in your tribal community.

Tips For Traveling With Diabetes

What Should I Bring With Me?

- Bring your doctor's name and phone number and keep it with you at all times.
- Bring a list of current medicines and keep it with you at all times.
- Always carry and wear medical identification that states that you have diabetes.
- If you are flying keep medicines, syringes, and blood sugar testing supplies in your carry-on luggage. Do not check these supplies with your luggage in case it is lost. Also, the cargo hold is not heated or insulated well, so medicine and supplies can be damaged.
- Take enough medicines and medical supplies to last an extra week in case you get stranded or stay longer than you planned.
- Always carry some type of sugar source in case you develop hypoglycemia (low blood sugar)
- Test your blood sugar more often than usual.

Source: Diabetes.web md.com

Micmacs



Micmac Service Unit Awarded Accreditation

The Micmac Service Unit (MSU) is pleased to announce that they were awarded the maximum year's accreditation by Accreditation Association for Ambulatory Care (AAAHC). Status as an accredited health program means the MSU has met nationally recognized standards for the provision of quality health care.

This is an important milestone in the continuing growth and success of our health program. Accreditation shows our commitment to providing the highest levels of quality health care to our patients, and the same level of conduct in our business practices. Accreditation by the AAAHC is proof of this commitment, and signifies that we have met the rigorous standards proudly displayed at the facility. You

will know when you see this plaque we have been closely examined by a highly credible organization who feel strongly enough to put their seal of approval over our claim that we, as a health care organization, care enough about our patients to strive for the highest care possible!

*Submitted by John R. Ouellette
Health System Administrator /CEO of
Micmac Service Unit*



*Caribou Property (also used as background)
Aroostook Band of Micmac Indians*



Penobscot Nation Health Department



Tribal Council Adopts New Policies



Breastfeeding

Women who choose to breastfeed their infants will be allowed a flexible schedule for milk expressing/pumping. No leave time will be charged for breastfeeding or pumping during lunch or breaks. If additional time is needed, more time than the break allows then unpaid leave time or paid leave time may be used. When possible, all tribal departments will provide the space necessary for the female employees to pump milk. The accommodations will insure privacy by providing a lockable door, access to electrical outlets for the electric pumps, a sink for hand, container, and equipment cleansing, a comfortable chair, and a small table. Employees will be responsible for the proper storage of milk and equipment.

Smoking

The Penobscot Nation Tribal Council approved a motion to ban smoking in all the public buildings with the exception of ceremonies and the Sockalexis Arena during High Stakes Bingo only. Starting sometimes in April, designated smoking areas for each building will be as follows:

- Completely outside the building.
- Behind each building out of the view of the general public and specifically Indian Island School and the Penobscot Nation Day Care program.
- Not around any public access door
- Not in any area that contains propane tanks or gas

It will be the Directors and Supervisors responsibility to deal with patrons and employees who violate this policy.

Medication

Tribal council has ruled that patients that utilize PNHD clinic that are prescribed a strong pain or anti-anxiety medication will be required to sign a medication management and treatment plan agreement. These medications are sometimes used to control pain and anxiety conditions, but they have the potential to be addictive, misused and / or abused, as patients may develop a tolerance to narcotics or benzodiazepines which would require increasing amounts of these medications. PNHD has developed a medication agreement which lists clear expectations for both patients and providers, and provides a documented plan of care. If the patient breaks the agreement, he/she will no longer be prescribed these strong medications at PNHD.

Penobscot Nation Welcomes New HealthCare Provider



Nancy A. Cassella, M.N.
Family Nurse Practitioner and
Contradancer

Nancy is a Board Certified Family Nurse Practitioner with over 28 years experience as a professional nurse. Born in Hackensack, New Jersey, she was raised Catholic in a loving, extended, and hard-of-hearing Italian-American family. Today, Nancy's clinical interests include disease prevention and pediatric wellness. She is a zealous advocate of patient education and is at her happiest with a diagram in hand. "It's important to me to translate 'medical-ese' into plain English for someone. My role is to provide health information in a clear way so that a person can make their own decision about their own health or their child's health. If I'm able to do that, then I've done my job." Nancy is looking forward to a long career working for and with the people of the Penobscot Nation. She lives with two cats and one canoeist in an early-1960's home in Piscataquis County.

*Submitted by
Abbey McCarthy, Dietitian*



*Tyra Gentle, Amelia St. John,
Lucus Flewelling, Sue Tortello and
Mark Lewis*

Youth Complete After School Program “Adventures in Cooking”

What’s on the menu? Mmm... enchiladas! How about some chicken & stuffing casserole – or maybe porcupine meatballs? Try this fruit salad or have a taste of blueberry monkey bread. Sounds like selections from a 5 – star restaurant, doesn’t it? Actually, it’s the culinary creations of the Maliseet After School Program that targeted Grade 4 – 12 participants who joined with tribal nutritionist, Sue Tortello to prepare a complete meal. Everybody gets into the act. Under Sue’s direction, the youth and the Youth Program staff of John Walker, Andrew Tomah, and Patti Howe, and Boys and Girls Club Coordinator, Cecelia Tibbetts, join together to safely prepare the food, set the table, and perform the clean-up duties afterward. Best of all is the part when the group sits down together, family-style, to eat what they’ve created. Yum! At

the beginning of the program, the class was dubbed simply, Youth Cooking Class. Since the activity always stimulated lots of laughter, excitement, and sometimes a bit of anticipation about whether the food will turn out as expected, it was called, “Adventures in Cooking.” This was a great adventure with no leftovers and no food casualties.

John Walker, Youth Activities Director, stated that due to the success of this program the “Adventures in Cooking” will resume this fall.

*Submitted by
Sue Tortello, Dietitian*

Maliseets Join The Zumba® Party!

Physical Activity is one of three Diabetes Best Practice areas targeted in the 2010 Program Plan for the Houlton Band of Maliseet Indians. We were looking for ways to increase participation among HBMI diabetics and pre-diabetics in physical activity opportunities offered through the Health Department. We all know working out is good for us. It’s healthy, rewarding and beneficial. It certainly can help with diabetes control and is a good way to prevent or delay the onset of diabetes – but

it’s usually considered pretty boring and a real chore!

The Zumba® Program fuses Latin rhythms and easy to follow moves to create a unique fitness activity that’s FUN! The one-hour sessions are more like attending a party than a fitness class. Classes began in December 2009 and were held two evenings a week. The sessions are led by Alissa Black, the HBMI Fitness Coordinator who is a certified Level 2 Zumba® trainer. Note: The new summer schedule is for Wednesday evenings only.

The success we’ve realized from this program is its attraction to participants who have never come to any past HBMI fitness offerings. They’re drawn to the classes because they’re an enjoyable evening out, rather than “something I dread, but feel I gotta do.” Zumba® is all about having a good time. Getting fit in the process is a bonus!

Due to the interest generated by the Zumba® Program, classes were opened to the outside community at the Maliseet-owned Rollerama building. The building’s large floor area is able to accommodate the expanded class size, while the sound system and special lighting add extra zest to the atmosphere.



Michelle Barrows, Crystal Tucker, Alissa Black, Jane Root, and Sue Wright

Pleasant Point

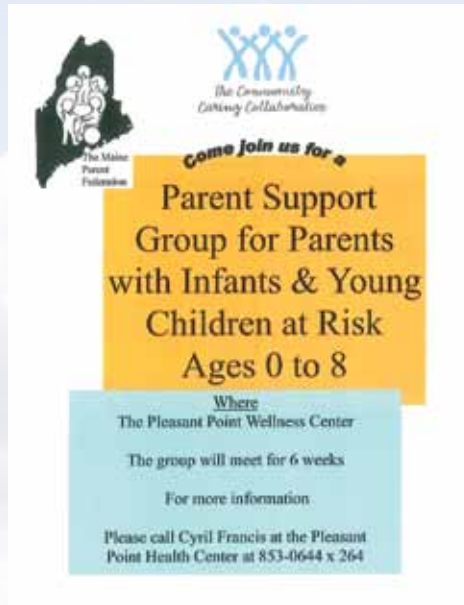


Health Center

WIC Program Receives National Recognition

The Pleasant Point Health Center's WIC Program recently received National Recognition for their exceptional job in promoting and supporting breast feeding. USDA Secretary Tom Vilsack announced breast feeding performance bonuses for a job well done. Mr. Vilsack states "The WIC program is critical in helping low-income mothers get their children off to a healthy start. It is important to recognize those states that are doing an excellent job" This is a first time award that was only awarded to a 20 state agencies large and small in the United States for their improved and achieved of high rates of breast feeding among WIC

participants and families in need. Congratulations to all who participated in the Pleasant Point Health Center WIC Program for a Job Well done!



Parent Support Group

Available for parents with infants and young children at risk. "At risk" includes parents with infants who were born pre-term or for parents who are pregnant and may expect their baby to be pre-term for any reason. The groups are also a resource for parents who are worried that their young children aren't developing "on track" or whose children have

extra developmental challenges for any reason. Parents who may be looking for assessment information are also welcome to call and/or attend. Call Pleasant Point Health Center at 853-0644 for additional information on the Parent Support Group.



Immunizations incentives this year include: onesies for infants, T-shirts for toddlers-5 years, backpacks for ages 6-12, hoodies for ages 13-18.



SAMHSA Grant

We have applied for SAMHSA (Substance Abuse and mental Health Service Administration) Grant for a total of \$339,000. This is for Peer-to-Peer Counseling for drug and alcohol addiction: the Mawoluhkaipon Project. (Mawoluhkatipon means everyone working together). This project draws upon our strongest resources: our culture and our community to begin a necessary path toward healing.

Submitted by
Newell Lewey, Health Planner

"All things share the same breath - the beast, the tree, the man, the air shares its spirit with all the life it supports."

Chief Seattle, Suquamish Chief



Your Good Health Is In Your Hands



Indian Township Health Center

HEALTHY 2010 CHALLENGE INDIAN TOWNSHIP HEALTH CENTER

Many tribal members at Passamaquoddy Reservation at Indian Township started 2010 off right by engaging in regular physical activity through new fitness programs at the Fitness Center. Two new programs were offered to start the new year. Both programs were competitive and incentive based and included individualized planning with our on-site Certified Personal Trainer, Jack Downing.

The Biggest Loser contest was an eight week program that challenged people to get moving, eat right and lose body fat. We had 22 people sign up for the program. The winner lost 9.8% body fat after eight weeks. The top three finishers have continued on their fitness journey and after three months, still participate in regular exercise. Congratulations to all of you!

Healthy Start 2010 was incentive based program that ran for twelve weeks. In order to get people moving on a regular basis, we offered an incentive program. The top five people who logged the most hours in twelve weeks were rewarded with gift cards. The

prizes were based on the amount of exercise in a week, regardless of weight loss or other fitness goals. More than 20 people participated in this program and many continue with a regular fitness regimen.

OTHER NEWS

Tribal members have joined in the Zumba craze! Since March we have offered Zumba class twice per week. As of April, we have increased to three times per week to accommodate the increased demand of this fun exercise program. Participants range in age from 10 – 50 and the group has grown in size to more than 40 people. When asking participants what has drawn them to the class, one stated, “It is fun and high energy – exhilarating!”

The Fitness Center will be moving at the end of April and will reopen April 29th at our new location in the Creative Apparel Building. This move will provide us with more space so that we can expand programming. Please come see us at our new location.



Blue Flag/Wild Iris



event Skin Cancer

Skin Cancer is one of the most preventable types of cancers. Over 90% of skin cancer is caused by sun exposure.

Tips for preventing sunburns:
Avoid sun exposure especially from 10 a.m. to 4 p.m.

Try to stay in shaded areas.

Wear protective clothing such as: hats with 4 inch brims, sunglasses with UV protection, loose fitting clothes that cover your arms and legs.

Protect skin by applying SPF 30 or greater sunscreen.

Apply sunscreen 30 minutes before you go out in the sun. Reapply sunscreen every 2-3 hours.

Source: American Cancer Society: Skin Cancer Facts



Maine Intertribal Health Newsletter

c/o Houlton Band of Maliseet Indians

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Littleton, Maine 04730

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Face **STROKE** before it faces **you**.

Stroke is the **third leading cause of death** in the country and a leading cause of disability

Know the Symptoms of Stroke. Sudden. . .

- Numbness in the face, arm or leg
- Blurred vision
- Slurred speech
- Dizziness or loss of balance

At the first sign of stroke, **call 911** immediately.

Time lost is brain lost!

There are risk factors that you can control, such as being **overweight**, **not being physically active**, **smoking**, and **high blood pressure** — start by making healthy changes today.

www.mainehearthealth.org



American Stroke Association

