

Maine Intertribal Health Newsletter

Maliseet Youth Activities



Dale Lolar -chaperone, Sade Francis, Nibeni Dana, Autoumn Sockalexix, Louis Attean, Michael Voye, Joel Paul, Jacob Burns and Devon Manos

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!



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

WINTER 2010

Volume 2, Issue 1

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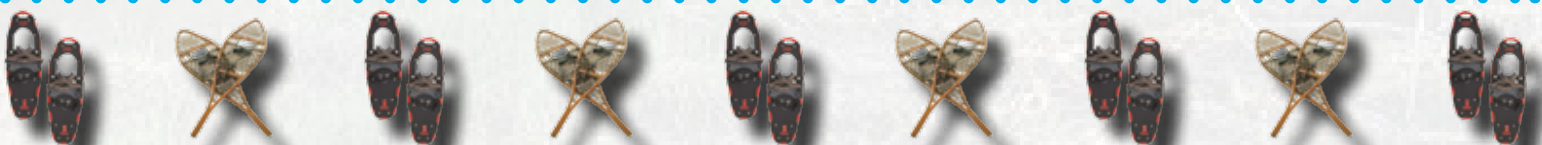
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Heart Health Awareness

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

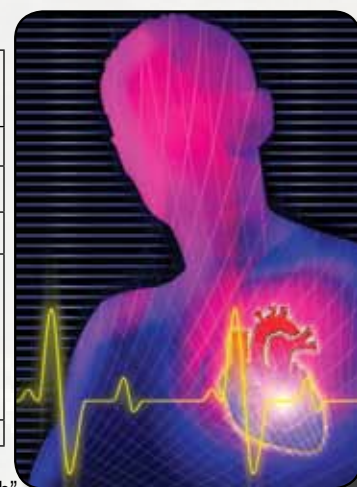
Know the Signs of a Heart Attack.

- 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	<input type="checkbox"/> Men- 40 inches or less <input type="checkbox"/> Women – 35 inches or less
Blood Pressure	<input type="checkbox"/> Less than 120/80mmHg
Total Cholesterol	<input type="checkbox"/> Less than 200mg/dL
LDL – Keep Low!	<input type="checkbox"/> Less than 100mg/dL
HDL – Keep High!	<input type="checkbox"/> Men- 40 mg/dL or more <input type="checkbox"/> Women – 50 mg/dL or more <input type="checkbox"/> 60 mg/dL or more is protective against Health Disease!!!!
Triglycerides	<input type="checkbox"/> Less than 150mg/dL



Source: Maine CDC Cardiovascular Disease Program /NIH/Indian Health Service "Honoring the Gift of Heart Health"



Micmacs



Introducing: Shea Armstrong Exercise Specialist



Shea Armstrong was raised in Fort Fairfield, Maine. He is the son of Jeff and Judy Armstrong. He attended the University of Maine at Orono to acquire a Bachelors of Science in Exercise Science. He received his Massage Therapy License from the Myotherapy Institute of Massage in Salt Lake City, Utah. Shea is currently engaged and waiting to be wed this summer on July 16th to his gorgeous Filipino "princess".

Mr. Armstrong would rather have the option of spending time outdoors than in and enjoy the company of others rather than be alone. His mission in life is to effectively teach people how to properly prevent physiological injuries and maintain their physical health.

Shea is excited to be filling the Exercise Specialist position in the Micmac community. He can hardly wait to meet the people and make an impact in their lives.

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 those 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."



Theresa Cochran

Congratulations!

Please join me in congratulating Deb Roshon, LPN and Georgie Smart, FHT in graduating from the Penn Foster University Dental Assistant Program.

The two women have put in considerable time and energy in meeting the stringent requirements set forth by the University. They gained clinical knowledge putting theory into practice working with the dentists over the past year.

My congratulations to you both.

Robert Lemoine, MSN, APRN, FNP-BC
Supervisory Nurse Practitioner



Deb Roshon & Georgie Smart

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

Penobscot Nation Health Department



News from Counseling Services

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.



Penobscot Nation Dental Department would like to remind everyone that children should be seen for their first dental visit when teeth start erupting. If your child has not been seen for a check up with in the last year please call the clinic to schedule an appointment. Please remember that children need help brushing **every** day until they are at least 10 years old.



Police Department To Implement Annual Fitness Test

Beginning in 2010 the Penobscot Nation Police Department will require that all sworn officers partake in a physical efficiency test. This annual assessment will include crunches and/or sit-ups, pushups, and a 1.5 mile run. The minimum standards are set according to age and gender. This newly established program will be the first for the police department and is being implemented to get the department thinking about a healthier life style, with a goal of becoming and staying physically fit.

Diabetes Meters

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.

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

Keep portion sizes small for children. They can always have seconds.

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.

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.

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 she 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, its OK. A healthy snack should be offered in a few hours.**

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.



National Nutrition Awareness

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

Heat oil in a large skillet. Cook carrots, broccoli and onion over medium heat for 3 minutes. Stir vegetables while cooking.

1. Add cooked rice and water to vegetables
2. Cook and stir for 3 minutes
3. beat eggs and milk together in a small bowl
4. Pour milk and eggs over rice mixture in skillet
5. Cook over medium heat, stirring gently until eggs are firm
6. 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 1% milk.



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
- Choose whole grains
- Eat 5-9 servings of fruits and vegetables
- Cut back on portions
- Cut back on “extras”, like desserts, sodas, or too much juice
- 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, and men not less than 1500 calories a day.

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



Take Heart!

Dark Chocolate

A small amount, such as 2 ounces, can be heart-healthy. Avoid buying large servings.

Super Foods

Oatmeal

Adds fiber and fights cholesterol; try adding berries and nuts.



Oranges and orange juice

Especially high in Vitamin C
Portion size is important? Just 4 oz. of juice, 1 small orange or 1/2 of a large orange is enough for health; more may add too many calories.



Diabetes Tip:

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.



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∞

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

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
 Lincoln (call for locations)
 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

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∞

Rite Aid Pharmacy
 Pleasant Point Health Center
 Rite Aid Pharmacy

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

255-3458
 853-0644
 454-2262



*Pleasant Point Health Center
 Snow Storm January 2, 2010*

Waiting
 for
 SPRING!



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

Maine Intertribal Health Newsletter

c/o Houlton Band of Maliseet Indians

88 Bell Suite 2

Littleton, Maine 04730

CHANGE SERVICE REQUESTED

PRSRST STD
US POSTAGE
PAID
PERMIT 46
BANGOR ME

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
cfancis@maliseets.com

Acknowledgements:

MAINE TRIBAL HEALTH DIRECTORS
MAINE DEPARTMENT OF HEALTH AND
HUMAN SERVICES