

# Maine Intertribal Health Newsletter

## Construction on the Pleasant Point Health Center Nears Completion

Improvements to this familiar building are being made, and are nearly complete. The building now has a new asphalt roof, 5 new heating and cooling units, and a new sprinkler system throughout. The Health Center has also received a new face, in addition the building has been reinsulated with new siding, a new ER ramp and front entrance.



### WINTER 2011

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# Pleasant Point



## Health Center

### Little Eagles Drum Group

The Little Eagles Drum Group was invited and recently performed at the Inaugural Ceremony of the Honorable Paul LePage, Governor of the State of Maine. This event was held on January 5, 2011 at the Augusta Civic Center.



*Drummers: Barbara Paul (Mentor), Cote, Paige, Jenna, Riley, Dalton, Taylor, Kristian, Andree, Jacob, Jaidan, Justice, Alexis and Janelle.*

# Blood Pressure Facts

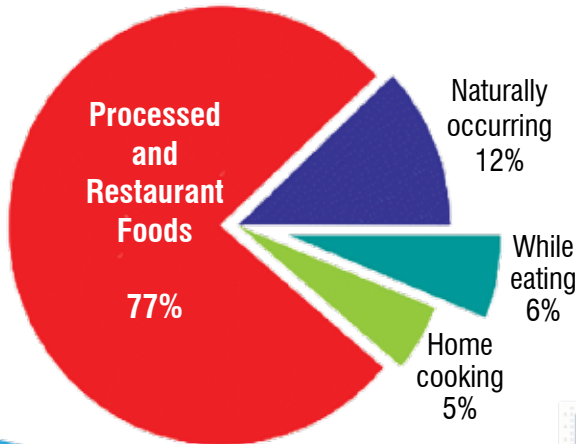


## Too Much Salt Can Be Risky

It can drive up blood pressure & increase the risk for stroke and heart disease. Most Americans eat more than double the recommended amount of salt. It can come from places other than the salt shaker. It's in canned goods like soup, packaged foods like frozen dinners and it's hiding in breads and cereals.

Read food labels, eat more fresh fruits & vegetables and look for low sodium alternatives.

## Most Sodium Comes from Processed and Restaurant Foods



*Did you know that having a full bladder when your blood pressure is taken and using tobacco or beverages with caffeine for at least 30 minutes before your blood pressure is checked, can increase your blood pressure?*

## You May Qualify for Free Lifeline Service and Minutes

Safelink Wireless offers free phones, and three different plans to choose from, with FREE minutes. You qualify for Safelink Lifeline Service in Maine if no one in your household currently receives Lifeline service through another carrier, you have a valid U.S. Postal Address (P.O. Boxes not accepted), and you participate in any of the following programs:

- ⊕ Emergency Assistance Program
- ⊕ HEAP
- ⊕ Medicaid (MaineCare)
- ⊕ Food Stamps
- ⊕ SSI
- ⊕ TANF

To apply, one must go on line to: [www.safelinkwireless.com](http://www.safelinkwireless.com)



## Waponahki Tribal Health Assessment



Thank you for your interest and participation in this comprehensive health survey. The Waponahki Tribal Health Assessment will provide updated data on the health status on tribal members 18 years or older. The results of the survey will serve as a guide for tribal leaders in health program planning, education and research, developing services as well as seeking future funding, as needed.

The surveys are still in process and will be on-going through the end of February. One taking the surveys can expect privacy and confidentiality in protecting their data. The survey does not include your name and uses only an ID number assigned by the researchers. In addition, data will be reported as a summary not on individuals. If you have received a letter stating that you have been selected to participate in the survey, please notify your tribal health department of any changes of addresses or telephone numbers, so that you may be contacted.

## Intertribal Chronic Disease Program Welcomes Clarissa Webber, R.N.



*Clarissa S. Webber, RN*

Clarissa Sabattis Webber was hired in November, as one of two, Tribal Public Health Liaison's. Clarissa is a member of the Houlton Band of Maliseets. She has worked at the Maliseet Health Clinic on a per diem basis for the past year, and has been employed at Houlton Regional Hospital since June 2009, in a clinical nurse capacity. Clarissa is excited about her new position working as a liaison between the tribal, local, district and state public health entities. In addition she is glad to have the opportunity to be involved in working in prevention and control of chronic diseases as this can impact the health status of the Maine Tribal Communities.

***\*Secondhand smoke knows no boundaries- the toxins travel through piping, electrical outlets, under doorways and other places.***

***\*There is no ventilation system which can remove the toxins from secondhand smoke (they may remove the smell, but not the dangerous chemicals).***

# Penobscot Nation Health Center



## Bodypump

*Sandra Pictou*

*Special Project Coordinator*

**B**odypump is a high repetition, resistance training class that works every major muscle group in the body. In addition to strengthening muscles, this class will fortify your core, awaken your posture, and challenge your level of fitness. Qualified instructors: Andrea Sockabasin, Gabe Paul and Abbey McCarthy will ensure that



*Core and lower body muscles get a workout.*

you have the proper technique to minimize your risk of injury while maximizing results! Instructors will show you high and low intensity options to fit your level of fitness. A stronger you is just a couple of classes away!

### Classes:

**Mon. /Wed. /Fri. 12:00 - 1:00 pm**

**Mon. / Fri.: 6:30 - 7:30 pm**

There is no need to sign up in advance!



*Working shoulder muscles with the reverse fly.*

## Traditional Meal

*Written by Erika Honey*

**O**n Friday, November 19th, The Penobscot Nation Human Resources Department, along with many volunteers, organized and served a traditional meal for employees in celebration of Native American month. Many wholesome traditional foods were served including moose meat,

turkey, sweet potatoes, fiddleheads, hull corn soup, cranberries, blueberries, squash and corn.

Many of the foods served, with a modern twist, are what Penobscot people have relied on for nourishment since the beginning of our existence. The gathering was well attended, with a slide-show, drumming, and dancing complementing the meal.

## Wellness Class

**E**very week a group of community members who are interested in healthy eating, physical activity, and diabetes prevention (or control) get together for “Wellness Class.” The class consists of 30 minutes of group discussion about a health related topic, followed by 30 minutes of physical activity.

The class is then wrapped up with a healthy lunch. Prior topics have included, stress management, reducing fat intake, exercise, whole grains, and portion control. Previous exercises have included country line dancing, yoga, walking, weight training, kickboxing, and chair aerobics. Various nutrition related homework is given and exercise homework is always to get at least 150 minutes of exercise per week.

The wellness group welcomes new participants! *You are invited to join us every Thursday in the Nick Sapiel building from 11:30 to 12:30.*

The Chief recognizes that the incidence of diabetes is significant in the community and he is highly supportive of efforts to prevent it. He has allowed employees to take 30 minutes of paid leave off from the work day to attend this program.



*Wellness participants weigh out portions to determine the serving size for 1 oz. of grains. Right to left: Cindi Marley, Brianne Lolar, Mark Chavaree, Joann Lolar, Owen Lolar*

# Maliseet Health Center



## HBMI Welcomes New Doctor

Doctor Fernando E. Frontera recently joined the staff at the Maliseet Clinic. Dr. Frontera is originally from Puerto Rico and he brings 30 years of experience as a medical doctor to our tribe. He has worked with different cultures in various locations throughout the world. He most recently worked with an Indian Health Service Agency in Arizona who provided services for Western Native American Tribes.



*Dr. Fernando E. Frontera*

Dr. Frontera stated his interests are reading the Bible and medical publications. In addition, he likes gospel and easy listening music, movies, and driving around to observe the beauty of the area.

A message Dr. Frontera has inscribed on his business card is "Enjoy your daily journey adventures of life, step into the future with a healthy joyful goal." He shared that it is important in healing to include the body, mind and spirit as well as for health care providers to provide professional services and work ethics for positive outcomes.

## HBMI 2011 Winter Fitness Schedule

### Monday

12:30 Resistance Training

### Monday & Tuesday

2:45 Youth Fitness

### Monday & Wednesday

5:15 ZUMBA

### Wednesday

12:30 Core Training

2:00 Aqua ZUMBA

### Thursday

12:30 Interval Training

Please call Alissa Black @ 532-2240 ext 34 to sign up, as space may be limited



**\*There is no safe level of exposure to secondhand smoke. Even brief exposure can trigger a heart attack in people with pre-existing heart conditions.**



## ZUMBATHON: Dancin' For Diabetes

On Friday, November 5<sup>th</sup>, over sixty participants came together to take part in a ZUMBATHON in recognition of National Diabetes Awareness Month. The 2-hour event organized by HBMI Fitness Coordinator and Zumba Instructor Alissa Black raised over \$1500.00 for the American Diabetes Association. It was a great evening filled with diabetes information, giveaways, lots of dancing, and FUN!



# Indian Township



## Health Center Blood Pressure Training for Tribal Health Care Professionals

**S**tacy Meyer Jochem, Cardiovascular Health Specialist/Lead Blood Pressure Master Trainer, from the Maine Center for Disease Control's Cardiovascular Health Program, recently provided blood pressure measurement training to tribal health care professionals for Indian Township, Micmac Service Unit, and the Houlton Band of Maliseets. Attendees were educated on accurate high blood pressure detection, and measurement, equipment maintenance, and common causes for errors.



## A Fond Farewell & A Warm Welcome



*Andrea Hanson*

**A**ndrea Hanson has worked many years for the tribe and has accomplished many wonderful things with our community. For years, she worked as the Assistant Health Director and more recently as the Health Director. She really dedicated her heart and soul to her work as a leader. We will surely miss Andrea however, know that we were left in good hands.



*Nakia Dana*

The Indian Township Health Center is pleased to announce Nakia Dana has accepted the role as the new Health Director. Nakia has had experience working in our community, has many wonderful qualities including being a positive influence, kind as well as being a respected leader. Nakia is focused and dedicated to her community, and will serve as a great advocate for her tribe.

### Diabetes Corner

Uncontrolled diabetes (high blood glucose levels) may cause problems with your eyes, feet, heart, and kidneys ...



#### Diabetic Eye Disease & Eye Care



Diabetic Eye Disease is a complication of diabetes and can cause vision loss or even blindness. Diabetic retinopathy is the most common form of diabetic eye disease with nearly half of all people with diabetes developing some degree of diabetic retinopathy during their lifetime. Often there are no symptoms and vision may not change until the disease becomes severe.

**What you can do:** Have a yearly eye exam with optometrist or /ophthalmologist  
Keep your blood glucose level under control

Types of Eye Exams:

**Dilated Eye Exam:** Drops are put into your eyes that allow the eye care professional to see inside of your eyes. (Suggest bringing dark sunglasses to prevent the glare of sunlight in your eyes until they are no longer dilated).

**JVN Eye Exam** is the use of a special camera that takes images of your eyes and does not require the eyes to be dilated and only takes 20 minutes with no discomfort. This exam is used primarily for people with diabetes. Note: This does not eliminate the need of a yearly eye exam with an optometrist or ophthalmologist (Micmac Service Unit uses the JVN Eye Exam)

# Micmacs



## Working To Increase Awareness and Prevention

The Micmac Community has been working to increase awareness in weight management and cardiovascular health.

Program Exercise Specialist, Shea Armstrong, and Program Assistant,

Sandra Pictou are having regular activity programs to enhance exercise and weight loss.

One of the upcoming programs is the Community Healthy Cooking classes, which are held on Mondays and Thursdays from 11:00 am – 12:30 pm at the Micmac Elders Building. These classes allow participants to experience low cost, nutritious food, purchased locally. Participants are educated on nutritional values of the food items being served and how to shop inexpensively.

The SDPI Diabetes Support program continues to meet on the last Tuesday of each month, from 12:00 pm – 1:00 pm. These meetings take place in the Micmac Elders Building. We would like to invite all our Diabetic Clients to come and share in a Healthy meal, exercise, and community.

### Weekly Walking Program

In order to provide more options for weight management and diabetes control, a weekly walking program is offered. This takes place every Tuesday at the Aroostook Centre Mall, from 10:00 am – 12 noon. Participants who take part in the program will receive a backpack, water bottle and pedometer. Program staff, monitor and record the “walkers” distance and endurance weekly. This program will be offered year round, and is open to all tribal members. Anyone wanting to participate in any of these programs, contact Sandra Pictou at: 764-7219 Marie Danielle LeBlanc, MSU Community Health Nurse, would like to thank everyone in the community that has supported and participated in these programs.



*Light Weight Lifting with Marie Danielle Leblanc, Community Health Nurse.  
Left to right; Caroline Francis, Yvonne Nadeau, Marie Danielle LeBlanc*



# Maine Intertribal Health Newsletter

c/o Houlton Band of Maliseet Indians

88 Bell Suite 2

Littleton, Maine 04730

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BANGOR ME

## Take Control Of Your Heart Health

**Heart Disease is the leading cause of death among Native Americans**

Take control; know the warning signs and what you can do to aid in preventing a heart attack.

### Heart Attack Warning Signs:

- ♥ Pain of discomfort in the jaw, neck or back
- ♥ Feeling weak, light-headed or faint
- ♥ Chest pain or discomfort
- ♥ Pain or discomfort in arms or shoulders
- ♥ Shortness of breath
- ♥ Women often report symptoms of discomfort rather than pain

**At the first sign of heart attack call 9-1-1 Immediately!**

### Risk factors you can control:

- ♥ Don't smoke
- ♥ Keep a healthy weight
- ♥ Get 30 minutes of activity daily
- ♥ Get regular health screenings
- ♥ Eat a healthy well balanced diet

\*Source: \*Maine CDC, Maine Cardiovascular Health Program/\*U.S. CDC

## Editors

**Jerolyn Ireland, RN**  
Tribal Public Health Liaison

**Clarissa Webber, RN**  
Tribal Public Health Liaison

### *News by e-mail*

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

### *Acknowledgements:*

MAINE TRIBAL HEALTH DIRECTORS  
MAINE DEPARTMENT OF HEALTH AND  
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