



Health Education

Our New Staff!



Roberta Welper is the new Smoking Cessation Health Educator. She will work with adults who want to quit smoking for good.

Roberta has many years of coordinating events and working with families. She is thrilled to have a new position in a field that she is passionate about.

Roberta will be meeting with individuals for four sessions. Smoking cessation aide options include: hypnosis, the patch, Bupropion, acupuncture and other options. We are excited to have her working with us. Welcome Roberta!



Suzanne Stoddard is the new Tobacco Prevention Educator. She will be working with children up to age 18 to help them understand the dangers of cigarettes,

nicotine addiction and help those who already abuse tobacco to quit.

She has been employed by Fond du Lac for the past 6 years and has worked in Prevention Intervention and Aftercare. She is currently finishing up her requirements to be licensed in Chemical Dependency.

Suzanne has 2 children and is thrilled to have this opportunity to work with the youth population. Welcome Suzanne!

Eating and Diabetes

You can take good care of yourself and your diabetes by learning

- what to eat
- how much to eat
- when to eat

Making wise food choices can help

- You feel good every day
- You lose weight if needed
- You lower your risk for heart disease, stroke, and other problems caused by diabetes

Healthful eating helps keep your blood glucose, also called blood sugar, in your target range. Physical activity and, if needed, diabetes medicines also help.

The diabetes target range is the blood glucose level suggested by diabetes experts for good health. You can help prevent health problems by keeping your blood glucose levels on target.

For more information, check out CDC's website @ www.cdc.gov

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Special points of interest:

- *New Staff*
- *Health Fair Information*
- *Cookies for Diabetics Recipe*
- *Home Safety Check List*
- *Sudoku*
- *Deviled Eggs Recipe*
- *Car Seat Class Reminder*

Cookies for Diabetics

Snap-Quick Peanut Butter Cookies for Diabetics

<http://diabetic.betterrecipes.com/>

There's no sugar OR flour in these cookies. The peanut butter, Splenda and egg stiffen the dough, which also has vanilla, cinnamon and nutmeg for flavor. Makes 1 dozen.

Ingredients:

1 cup chunky peanut butter
1 cup Splenda (sugar substitute)
1 egg
1 tsp cinnamon
1/2 tsp nutmeg
1 tsp vanilla

Directions:

Preheat oven to 350 degrees. Combine all of the ingredients. Using a small spoon, drop cookie dough onto an ungreased cookie. Press each ball of dough with a fork to flatten it into a cookie shape about 1/3 inch thick. Bake for 8 to 10 minutes.

Notes:

Baking time may vary upon oven. You can substitute almond or cashew butter, if you'd prefer (but peanut, I think tastes best).

**30th Health Fair
June 13, 2008
Tribal Center
9AM-3PM**

7			5	8	3			6
		6			1	4		5
	5	2			6		8	3
3			2			9	5	8
5				7	8		6	
6	4	8		1		3		
	6		8		2	5		
		3	1	5			7	2
2	1	5	6				3	

Summer Skin Safety

Summer is on the way and many people are outside enjoying warm weather and outside projects. Unfortunately, people tend to underestimate the damage caused by the sun.

Too much sun exposure causes early wrinkles, extra wrinkles and may even cause skin cancer. It is important to protect your skin year round, especially during June and July, between the hours of 10 A.M. to 4 P.M.

If you have any concerns or questions about your skin, contact your medical provider right away. Early detection is important when dealing with skin cancer.

Here are some helpful tips to protect your skin:

- Pick shaded areas outside
- Choose a wide-brimmed hat
- Have sunglasses with ultraviolet (UV) protection
- Dress in thin, light colored, long-sleeved shirts
- Wear thin, light colored pants
- Buy sunscreen with at least a SPF (sun protection factor) of 15
- Apply sunscreen 30 minutes before going outside
- Reapply sunscreen every 2 hours

Poison Prevention

Health Education would like to remind everyone to dispose of any unused or expired prescriptions. These items can be very poisonous to our youngsters. It is a reminder for us to look at the potential poisons to our children that are in our homes. It is also important to keep all prescription and non-prescription medication locked up and out of the reach of our children. Please remember to never describe any medication as candy to our children as this is one way to prevent confusion with our children.

Fond du Lac's pharmacy has a policy that they will properly dispose of any outdated or unused prescriptions for anyone who wants to bring them in. Any questions regarding this can be directed to the pharmacy staff.

If you have any questions about poison prevention ideas please feel free to contact Denise. You can also visit Minnesota Poison Control's website anytime at www.mnpoison.org.

Home Safety Check List

Kitchen

- Remove household products, such as cleaning products, dishwashing compounds and drain cleaners, from under the sink.
- No medicines on counters or in open areas.
- All household products and medications out of reach and out of sight.
- Child safety latches on all drawers or cabinets containing harmful products or sharp objects.
- No toxic products stored with food or in food containers.

Bathroom

- All medications, cosmetics, hair care products, toothpaste, mouthwash and cleaners out of reach.
- Medicine storage area cleaned out regularly, old medicines flushed down the toilet.
- All medications in original, child-resistant containers.

Bedroom

- No medicines in or on dresser or bedside table.
- All cologne, aftershave, cosmetics, and powders out of reach.

Laundry Area

- All bleaches, soaps, detergents, fabric softeners, bluing agents and sprays out of reach.
- All products in their original container.

Garage/Basement

- Insect sprays and lawn care products in locked area.
- Gasoline and car care products in secured area or locked trunk.
- Paint, paint cleaners and other home care products in locked area.
- All products in their original containers.

General Household

- Storage area for medication and other products is a locked cabinet located up high.
- Plants identified and out of reach.
- Alcoholic beverages out of reach.
- Ashtrays empty and out of reach.
- Paint in good condition - no chipping or peeling.
- No mouse baits in areas where children play.

In Case of a Poisoning

- Have the Poison Help phone number available for use **1-800-222-1222**.
- Do older children know how to use the 911 system?

Window Safety For Warmer Weather

It is a great time to air out our houses after a long winter but it also can come with great risks to our children. Parents **PLEASE** be aware that window safety is another potential danger in our homes. New information is available about falls and window safety from the Minnesota Department of Health in a recent news release.

A lack of window safety precautions and falls from 1993-2007, have been linked to approximately 4,000 injuries and 12 deaths in children under the age of 10. These deaths were from unintentional falls from open windows.

To keep your children safe take action with the following tips:

- 1) Provide careful supervision of our children around windows.
- 2) Keep furniture away from windows.
- 3) Keep climbable things away from the windows.
- 4) Do not trust insect screens to prevent children from falling.

Please feel free to visit the website for more information at (www.health.state.mn.us/news/pressrel/windowsafety142108.html)



American Red Cross CPR and First Aid Classes

Thinking about taking a CPR or First Aid class? Public Health Nursing offers the class to both staff and community members who want to learn these skills.

In class, you will learn the following skills for Adult, Child and Infants:

- Checking a conscious person
- Checking an unconscious person
- Rescue breathing
- Choking
- CPR
- Unconscious Choking

We have also added a section on Automated External Defibrillators (AEDs) in order to get people more familiar with the “shocker” devices as they are being found more frequently in and around the community.

CPR certifications are good for one year and first aid is good for three years.

Classes are held monthly at both MNAW and CAIR buildings. Please check for our class listings posted around the reservation or online at the following link listed below.

<http://www.fdlrez.com/HumanServices/phn/main.htm>



Class size is limited so register by calling the FDL PHN Department @ 878-2128.

Deviled Eggs

Ingredients needed:

large eggs 1 dozen
fat-free cottage cheese 1/2 cup
mayonnaise, low-fat 3 Tbsp
sweet pickle relish 2 Tbsp
dry mustard 1/2 tsp
dash of paprika, for garnish

Place eggs in pan with enough cold water to cover by 1 inch. Bring to a simmer (do not boil!) and cook 10 minutes (start the timer as soon as the water bubbles). Drain and set

the pan under cold running water for 2 minutes.

Peel the eggs and slice them in half lengthwise. With a spoon, carefully remove the yolks, reserving 6 yolks for another use. In a blender, puree the cottage cheese until smooth; set aside.

In a bowl, mix 6 egg yolks with the cottage cheese mixture, relish, mayonnaise, and mustard; spoon

mixture into the sliced egg whites.

Arrange the eggs on a platter and sprinkle with paprika.



This recipe is from the website for the American Diabetic Association.

Lawn Mower Safety

The power lawn mower is one of the most dangerous tools around the home. Older children and teenagers are more likely to hurt themselves while cutting lawns as chores or earning money.

Lawn mower injuries can be very serious and can include deep cuts, loss of fingers and toes, broken and dislocated bones, burns, and eye injuries. Bystanders can be hurt or seriously injured from a lawn mower by rocks or toys being propelled out from the blade. Both users of mowers and those who are nearby can be hurt.

To prevent lawn mower injuries to children and teenagers:

- Only use a power mower with a control that stops the mower if the handle is let go. This control should never be disconnected.
- Do not allow children younger than 14 to use ride-on mowers.
- Do not allow children younger than 12 to use walk-behind mowers.
- Do not allow young children to mow the lawn.
- Passengers should never be allowed on a riding lawn mower.
- Do not use a riding lawn mower to mow areas where the lawn slopes.
- Make sure that sturdy shoes (not sandals or sneakers) are worn while mowing.
- Prevent injuries from flying objects, such as stones or toys, by picking up objects from the lawn before mowing begins.
- Wear protective eyewear.
- While the lawn is being mowed, keep others away to ensure their safety.
- Young children should be in the house while the lawn is being mowed.
- Start and refuel mowers outdoors, not in a garage or shed. Mowers should be refueled with the motor turned off and cool.
- An adult should change the blade settings (to set the wheel height or dislodge debris), with the mower off and the spark plug removed or disconnected.



Who KNEW Only NEW Was Safe?

Fond du Lac Public Health Nursing Department reminds you - rummage sales are a great place to find bargains...but not on car seats or booster seats. When buying a used car seat or booster seat, you do not know if it has been in a motor vehicle crash, damaged, or recalled by the manufacturer. Only brand new car seats and booster seats are safe!

Please join us for a car seat/ booster seat class!

Thursday June 17th at Min No Aya Win at 2:00.

Please enter at door number 3 by Social Services.

All seats are \$22.00!!! Now that is a bargain!

Remember your child's safety is not for sale!

To register call 878-3759.



Remember kids need to be in a booster seat until they are 4'9" AND 80 pounds.

June 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Elder Exercise Tribal Center 9-11AM Water Aerobics 8-9AM @ Pool Car Seat Class 2PM Check in at door #3	3 ARC CPR & First Aid @ MNAW 8:30-4:30	4 Elder Exercise Tribal Center 9-11AM Water Aerobics 8-9AM @ Pool	5 ARC CPR & First Aid @ CAIR 8:30-4:30 On the Move Tribal Center 12-1PM Sawyer 3-4PM	6	7
8	9 Elder Exercise Tribal Center 9-11AM Water Aerobics 8-9AM @ Pool	10 CLOSED FOR VOTING DAY	11 Elder Exercise Tribal Center 9-11AM Water Aerobics 8-9AM @ Pool Cancer Support Group 5-7PM Tribal Center	12	13 HEALTH FAIR 9-3 @ TC	14
15	16 Elder Exercise Tribal Center 9-11AM Water Aerobics 8-9AM @ Pool	17 Car Seat Class 2PM Check in at door #3	18 Elder Exercise Tribal Center 9-11AM Water Aerobics 8-9AM @ Pool Cooking Class 5-7PM @ TC ENP	19 On the Move Tribal Center 12-1PM Sawyer 3-4PM	20	21
22	23 Elder Exercise Tribal Center 9-11AM Water Aerobics 8-9AM @ Pool	24 On the Move Brookston 3-4PM	25 Elder Exercise Tribal Center 9-11AM Water Aerobics 8-9AM @ Pool	26	27	28
29	30 Elder Exercise Tribal Center 9-11AM Water Aerobics 8-9AM @ Pool					