

Volume 1, Issue 1

November/December 2007



FOND DU LAC RESERVATION - HUMAN SERVICES DIVISION  
PUBLIC HEALTH NURSING DEPARTMENT

# Health Education

## Fond du Lac Health Education Staff

This is our first newsletter and we would like you to learn about the staff and programs that we provide. Health Education has many services to offer and we want you to be aware of them all through this newsletter. If you have any questions or are looking for more information please contact us...

### Nate Sandman, Lead Health Educator

Aaniin, My name is Nate Sandman and I am the Lead Health Educator for Fond du Lac. I have been employed by Fond du Lac for the past five years. During my time here I have worked with Smoking Cessation/Prevention, Exercise, CPR/First Aid, and several planning committees. Within the hopes of providing quality services to the community and staff, Fond du Lac Health Education will provide a quarterly newsletter that will consist of program information, upcoming events/classes, recipes, and health tips.

Fond du Lac Health Education functions within the Public Health Nursing Department and under the umbrella of the Fond du Lac Human Services Division. Health Education offers many programs and services that benefit the general community. Health Education consists of eight staff that possesses specialized training in many program areas. The current programs include Cancer, Diabetes, Injury Prevention, Smoking Cessation, Nutrition Education, and General Health Education. The Health Education Profession is dedicated to excellence in the practice of promoting individual, family, organizational, and community health. The Coalition of National Health Education Organization states that the responsibilities of all Health Educators are to aspire to the highest possible standards of conduct and to encourage the ethical behavior of all those whom they work.

With the dedicated Health Education staff, we are proud to offer the community this newsletter, as our ultimate responsibility is to educate for the purpose of promoting, maintaining, and improving individuals, family, and community health.



**We're on the web, check out the HEALTH ALERTS!**  
<http://www.fdlrez.com/HumanServices/phn/main.htm>

#### Inside this issue: Meet Staff & Programs

Health Education

Nutrition

Injury Prevention

Diabetes

Smoking Cessation

Cancer

Fire and Home Safety

#### Special points of interest:

- Calendar of events and groups
- Car Seat and Booster Seat reminder
- Web address — Find health alerts online
- Snow Plow Safety
- Exercise tips for the Holidays
- Great Native American Smokeout
- Holiday Bread Recipes
- Christmas Tree Safety

## Amber Ahonen, Health Educator

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I have worked with Fond du Lac health education for over four years in many areas of health. I enjoy meeting new people and look forward to seeing the ones that I have been able to get to know. I work with many areas of health including HIV, STDS, smoking, diabetes, heart health, diabetes, car seats, bike safety, elder exercise, methamphetamine, Students Against Destructive Decisions (SADD) and many of our annual events. I enjoy being out in the community and working with people who want to learn ways to better their health.



I am often meeting staff and community members through CPR and First Aid classes. These classes have all recently changed in the basics of CPR and I encourage anyone interested to join us for a class. Starting in 2008, the classes will be taught together on the same day and will be scheduled monthly due to the huge demand for learning these important skills.

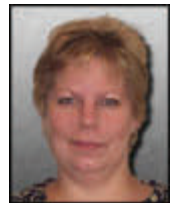
## Peggy Klinga, Nutrition Education Assistant

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I take a real interest in my work and enjoy the wide range of opportunities and challenges. I practice what I teach and have learned a lot in this position.

I took the online web based training course, "The ABCs of the Dietary Guidelines for Americans: Science and Application" I completed the *Honor the Gift of Heart Health* training. I also am a certified Water Aerobics instructor with the Arthritis Foundation Aquatics Program and teach a class 1 to 2 times a week. I went to the Dollar Works training program and am able to help with putting a budget together and stretching your food dollars. I also went through the Minnesota Department of Health Food Safety course, Serve Safe.

I personally have had my own life experience on being on AFDC and know how hard it is and how uncomfortable it can make a person feel. Everyone needs some help at some point in their life and it shouldn't have to feel like a shameful thing. People need their dignity. I continue to run into problems and struggle with making ends meet as everyone does at some time or another but, knowing there are programs and people who are willing to help can help to relieve some of that stress. My program can give you new ideas for food safety, budgeting, grocery shopping, recipes and eating healthier.



Remember... the only exercise that counts is the one you do! For adults, it is recommended that we get 30 minutes of exercise on most days of the week to maintain weight. Find out what you like and stick to it. Walking is one of the most beneficial, yet easy exercises that doesn't cost you anything but good shoes.

So if you are trying to keep off those holiday pounds, get up and move! Sign your name on sign in sheets at centers and get *On the Move* points to receive FREE items of your choice.

Check out this site for more information: [http://www.cholesterolldown.org/get\\_active/Exercise\\_Tips.html](http://www.cholesterolldown.org/get_active/Exercise_Tips.html)

## Holly Kostrzewski, Injury Prevention

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Did you know a child must ride in a car seat or booster seat until 4'9" and 80 pounds? Did you know the leading cause of death and disability for American Indians ages 1-44 is motor vehicle crashes. Let's prevent these deaths before they happen.

I am Holly, Injury Prevention Health Educator and I here to serve you. I have been working in Public Health Nursing for the past three years. I am also the co-advisor for the Students Against Destructive Decisions (SADD) program at the Ojibwe School.

I enjoy educating and interacting with the community to help prevent injuries at Fond du Lac. The car seat / booster seat program has two classes scheduled per month and SADD meets every Wednesday for grades 5-12 during the students lunch period. Please join us!



## Katie Hughes, Diabetes Prevention Health Educator

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I have been working for Fond du Lac Reservation since January 2007. I am very excited about helping the Fond du Lac community learn more about diabetes prevention.

You may have seen me around doing blood sugar screenings, teaching water aerobics, presenting at various sites, helping at Elder Exercise and the *On The Move* Program.

I have enjoyed meeting many new people through out the past 10 months and look forward to reaching out to many more.



**The Great Native American Smokeout is November 29<sup>th</sup>!** The goal of this day is to help people quit smoking for one day (24 hours). Even if you don't go on to quit permanently, you will have learned that you can quit for a day and that many others around you are taking the step, too.

The Great Native American Smokeout is an event that brings the dangers of smoking and the positive aspects of quitting into focus. It is a great opportunity to find out exactly what is available to help smokers quit. It is also a great source of information and support for those trying to quit or just contemplating the idea of quitting. The Great Native American Smokeout will be at multiple locations around the Fond du Lac Reservation. There will be information, fun activities, and prizes!

**What:** The Great Native American Smokeout

**Where:** Multiple locations including: Min-No-Aya-Win Human Services Center, CAIR, and the Tribal Center (other locations may be added at a later time).

**When:** November 29<sup>th</sup>, 10:30am - 1:30pm

**Why:** To show you that you can quit smoking and that you don't have to do it alone!

## Lori Anderson, Tobacco Cessation Educator

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I am the Tobacco Cessation Educator at Fond du Lac Reservation. What that means, in a nutshell, is that I help people to stop smoking. I also do community education on the dangers of smoking.

I am the newest addition to the Health Education section of the Public Health Nursing Department. I started in June of 2007.

Before I came to Fond du Lac, I volunteered with the American Lung Association. I also worked with St. Louis County Public Health and Human Services and the St. Louis County Sheriff's Department. I am enjoying working with the Fond du Lac community and I look forward to meeting many more people.



## Debra Johnson-Fuller, Cancer Control Program Health Educator

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Aaniin. My name is Debra Johnson-Fuller and I am the Cancer Health Educator for the Fond du Lac Reservation. I have worked for the Reservation for 2 and ½ years. I started out as a Community Health Representative and then in January of 2007 I started my new position. As a Fond du Lac Band member I have a very strong commitment to the health of our community.

In a report that was released from the Indian Health Service it lists cancer as the second chronic disease affecting the American Indian population. What does that mean to the Fond du Lac community? It means that FDL is facing an increase in the number of incidences of cancer. As the Cancer Health Educator it is my job to educate on the screening that can be done to reduce the number of incidences. Remember that cancer screening is very important to the well being of our community.

You will probably be seeing me at various community events, elder exercise, classrooms and pow wows. I will be the one playing interactive games and presentations with elders and talking to kids about making lifestyle changes.



## Denise Houle, Home and Fire Safety Coordinator

Boozhoo— my name is Denise Houle. I have been working in Public Health Nursing Department for 10 years. I take a big interest in assisting our families in ways to keep their families safe. I teach fire safety and home safety for anyone eligible for services at MNAW or CAIR.

Did you know you should have a working smoke alarm on every level of your home? Test your alarms monthly with your children. Change your 9 volt batteries at least once a year. Plan and practice a family escape plan.

The holiday season is approaching and we need to look at all the items that could be a safety risk to our families. Most fires happen during the sleeping hours of 10:00 PM to 6:00 AM.



### Cranberry Bread

2 Cups Whole Wheat Flour  
2 Cups White Flour or Bakery Mix from Food Distribution  
1-Cup Splenda Blend  
3 tsp. Baking Powder  
1 tsp. Salt  
1 tsp. Baking Soda  
2 T. Oil  
1 ½ Cup Orange Juice  
1 T. Grated Orange Peel  
2 well-beaten Eggs  
1 or 2 Cups Cranberries

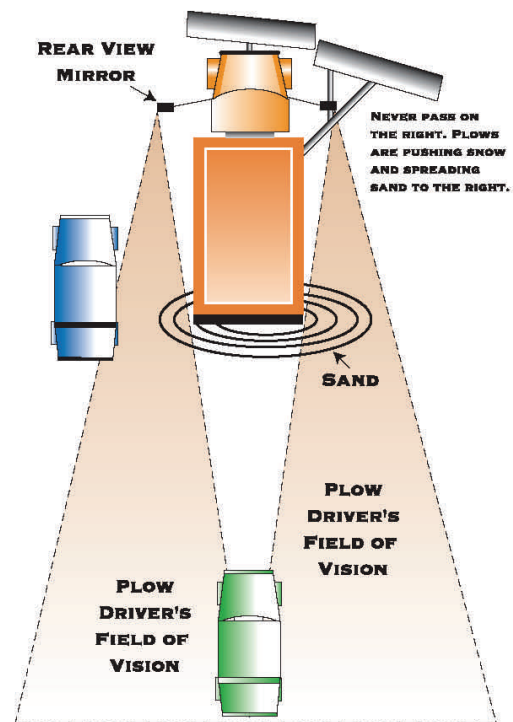
Mix or sift all dry ingredients together. Beat eggs well and mix together with other liquid ingredients combine all together and add cranberries and chopped walnuts if desired. Bake at 350` for about 1 hour and check.

### Pumpkin Bread — Makes one large loaf

¾ Cup Splenda Blend  
1/3-Cup Oil  
1 Egg  
¼ Cup Water  
1 Can Pumpkin  
1 2/3 Cup Whole Wheat Flour  
1 tsp. baking powder  
¼ tsp. Baking powder  
½ tsp. Cinnamon  
½ tsp. Salt  
¼ each: cloves, ginger, and nutmeg.  
Raisins or ½ Cup Nuts Chopped optional.

Mix in usual manner. Put in oiled and floured pan and bake 350` about 1 hour.

### CAN A SNOWPLOW DRIVER SEE YOU?



**DON'T ASSUME PLOW DRIVERS SEE YOU. THEIR FIELD OF VISION IS LIMITED.**

Questions or want to register for a class?

Contact Health Education through the  
Public Health Nursing Department  
@ 218-878-2128

# November 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 On The Move Pickup 12-1PM Tribal Center	2 Water Workout 12-1PM @ Pool	3
4	5 Elder Exercise Tribal Center 9-11AM Great American Eat Right 12-1PM @ ENP Water Aerobics 8-9AM @ Pool	6 WIC Pick up @ CAIR 12-3PM Water Workout 12-1PM @ Pool	7 Elder Exercise Tribal Center 9-11AM Water Aerobics 8-9AM @ Pool	8 Car Seat Class @ MNAW 2PM Enter @ door #3	9 Water Workout 12-1PM @ Pool	10
11	12 CLOSED	13 WIC Pick up @ CAIR 12-3PM Water Workout 12-1PM @ Pool	14 Elder Exercise Tribal Center 9-11AM Water Aerobics 8-9AM @ Pool	15 On The Move Pickup 12-1PM Tribal Center 3-4 Sawyer Center	16 Water Workout 12-1PM @ Pool	17
18	19 Elder Exercise Tribal Center 9-11AM Car Seat Class @ MNAW 2PM Enter @ door #3 Water Aerobics 8-9AM @ Pool	20 On The Move Pickup 3-4 Brookston Center WIC Pick up @ MNAW 12-3PM CPR and First Aid class @ MNAW 8:30AM—4:30PM Water Workout 12-1PM @ Pool	21 Elder Exercise Tribal Center 9-11AM Water Aerobics 8-9AM @ Pool	22 CLOSED	23 CLOSED	24
25	26 Elder Exercise Tribal Center 9-11AM Water Aerobics 8-9AM @ Pool	27 WIC Pick up @ MNAW 12-3PM Water Workout 12-1PM @ Pool	28 Elder Exercise Tribal Center 9-11AM Cooking Class 5-7PM ENP @ Tribal Center Water Aerobics 8-9AM @ Pool	29 Great Native American Smokeout 10:30AM -1:30PM @ MNAW, CAIR & RBC	30 Water Workout 12-1PM @ Pool	

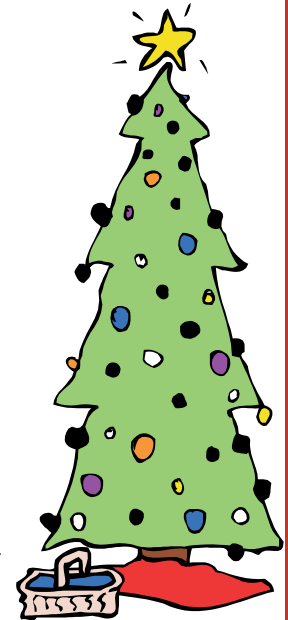
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## **10 Tips for making your Christmas tree fire-safe**

- When decorating your tree, always use lights listed by a testing laboratory. Some lights are designed only for indoor or outdoor use, but not both. Larger tree lights should also have some type of reflector rather than a bare bulb.
- Follow the manufacturer's instructions on how to use tree lights. Any string of lights with worn, frayed or broken cords or loose bulb connections should not be used. Connect no more than three strands of push-in bulbs and a maximum of 50 bulbs for screw-in bulbs.
- Always unplug Christmas tree lights before leaving home or going to bed.
- Bring outdoor electrical lights inside after the holidays to prevent hazards and extend their life.
- Never use lit candles to decorate a tree, and make sure any lit candles in the room are placed well away from tree branches.
- Try to keep live trees as moist as possible by giving them plenty of water daily. Do not purchase a tree that is dry or dropping needles. Check for fresh, green needles. Place your tree in a sturdy tree stand designed not to tip over.
- If you purchase an artificial tree, be sure it is labeled as fire-retardant.
- Children are fascinated with Christmas trees. Keep a watchful eye on them when around the tree and do not let them play with the wiring or lights. Store matches and lighters up high, out of reach, preferably in a locked cabinet.
- Make sure the tree is at least three feet (one meter) away from any heat source, such as fireplaces and radiators. Try to position the tree near an outlet so that cords are not running long distances. Do not place the tree where it may block exits.
- Safely dispose of the tree when it begins dropping needles. Dried-out trees are highly flammable and should not be left in a house or garage, or placed against the house.

*NFPA does not test, label or approve any products.*



**For more safety information on fires check out this web site:  
<http://www.nfpa.org>**