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LTBB Community Health

January 2022: Health and Wellness



The LTBB Community Health Department is excited to begin providing a monthly newsletter for community members living with diabetes. Each month the newsletter will focus on a health topic, providing insight about

different health problems that can relate to diabetes. This first newsletter will discuss general health and wellness. What goals can we create to make 2022 a healthier year?

The Four Stages of Being: mental, physical, emotional, and spiritual.

What is Health and Wellness?

The National Wellness Institute defines wellness as an active process through which people become more aware of, and make choices toward, a more successful existence. Co-founder of the National Wellness Institute, Dr. Bill Hettler, created a model of six “dimensions” of wellness. They include emotional, occupational, physical, social, spiritual, and intellectual health. In order to have life in balance, the six dimensions must be in balance. (National Wellness Institute)

Centuries ago, the Anishinaabe people were provided a wellness model to follow. The Medicine Wheel along with the Teachings of the Seven Grandfathers are guidance to living the best possible life. Within the Medicine Wheel, we learn that each direction is connected to a stage of being in health, including mental, physical, emotional, and spiritual. Among the Anishinaabe people, wellness is defined as a balance between these four stages of being. The Medicine Wheel is a reminder of a need for us to strive for a balance everyday within ourselves.

What's Happening?

Every week, beginning January 17, 2022, Wellness Advocate, Marlene Gasco will be doing a YouTube video with exercises, including helpful modifications.

The Seven Circles of Health and Well-being

Awareness, traditional food, being in motion, sleep, culture/traditions, relationships, and balance. These are all life practices that make up the Seven Circles of Health and Well-being that are directly related to the stages of being from the Medicine Wheel. These circles are meant to act as a compass for our overall health. If one circle is not being attended to, our overall health struggles.

Awareness- practice making yourself more aware of your daily routine and behaviors. Simply being aware makes us more likely to make better decisions. Being aware also improves our mental health.

Traditional Food- Work towards going back to the way the ancestors ate: from the earth. By preparing our own meals with foods the earth provides to us, we know what is in the things we eat. Fresh fruits, vegetables, and meats are known to be healthier options than pre-packaged or fast foods. A lot of salt is used in fast foods and pre-packaged foods to preserve them.

Being in Motion- Increasing our activity daily, even just little by little, benefits our bodies greatly. Moving our bodies gets our blood pumping throughout our body faster, which helps keep our blood vessels working properly. Exercise also releases special hormones in our brain called endorphins. These hormones cause us to feel happier and more energetic.

Sleep- Not getting enough sleep affects our bodies more than we realize. Lack of sleep causes elevated blood pressure, stress, decreased brain functioning, and poor emotional well-being. If you are struggling with sleep, there are natural options that may help, such as exercise and melatonin over the counter (speak to your physician before taking any new/different medications).

Relationships- The relationships we have in our lives can either be good or bad for our well-being. This includes family, friends, significant others, and coworkers. Research studies have shown that a strained relationship can have a large impact on a person's well-being, including stress, immune function, and cardiovascular (heart) functioning.

Culture/Traditions- Our culture gives our lives meaning. It gives us a moral compass to live by. The wisdom of our elders, traditional foods, and spirituality are some examples of how culture can have a positive impact on our overall well-being.

Balance- a healthy balance of all seven circles is the goal. While healthy eating habits are important, so is getting movement in our day or being aware of our stressors. We can't focus too much on one circle, or the others will suffer.

(Information has been adapted from the National Institutes for Health website)

The Thirteen Moons

The first moon of Creation is Spirit Moon. It is manifested through the northern lights. It is a time to honor the silence and realize our place within all of Great Mystery's creatures. (Ontario Native Literacy Coalition, 2010)



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2022 HEALTH GOALS

How do you want your 2022 to look and feel? Think of some goals to help direct you on your path to overall wellness. Just take one small step at a time!



Aanii Boozhoo!

There have been a lot of changes within the Community Health Department here at LTBB. We are hoping to help you become more familiar with our team and more comfortable coming to us with any questions or concerns you have about your health. Some information about the new Diabetes Educator:

My name is Sarah Cameron. I have been a registered nurse for 8 years. I joined the LTBB Health Clinic in December 2020 as the COVID response nurse. You may have encountered me if you had to contact the clinic to discuss COVID symptoms or if you received your COVID vaccine through the tribe. I am very excited to now be the Diabetes Educator in the Community Health Department for the LTBB tribe.

I moved up here last December from the Metro Detroit area. After working at Henry Ford Hospital in Detroit for over 2 years, I realized city living is not for me. As a child, I spent my summers on Torch River where my grandmother had a home. Northern Michigan has always been my favorite place to be. Last year I reconnected with old friends in the Bellaire area and decided I just want to be up here full time.

My background includes hemodialysis and peritoneal dialysis. I enjoyed making a connection with my clients and providing training that made them feel confident in performing their own dialysis exchanges. My greatest passion in nursing is education. I try my best to explain medical information in a way that anybody can understand.

Please feel free to reach out to me with any questions you may have regarding your health. If it's something I am not confident about, I will find someone who can help. My goal is to meet you wherever you are in your wellness journey and provide support and resources for reaching your goals. I look forward to meeting you all at some point!

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