

Red Cliff Community Health Center



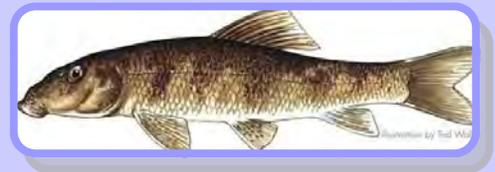
Newsletter



February 2015

Namebini-Giizis

Sucker Moon



Sucker Fish Moon

By Larry DeFoe, Fond du Lac

“My Gram always told me that February is called the Sucker Moon because the water in those lakes is rapidly being used by all the fish that live in there. During the Sucker Moon, the air in the water has become so poor that the fish are almost dying for the lack of oxygen. It is during this time that the Indians will cut holes in the ice, usually above a fresh water spring, and leave it open for the fish. The fish will swim over to the ice hole to breathe the good fresh air. The Indians will hide and wait by the open hole in the ice and spear the bigger fish, usually suckers, swimming by the ice hole. During this time, the Indians will take all the fish they need, because the fresh fish tastes delicious, and leave the rest for the other people, and the future. Last year, around the first of February, I got to thinking about my Gram and our conversation regarding the Sucker Moon. “

Red Cliff Community Health Center Welcomes Kristine Matson, M.D.



Kristine Matson, M.D., joins Grace Heitsch, M.D., and Anna Ellason, DNP, RN, CPNP, at the Red Cliff Community Health Center. Dr. Matson is originally from South Dakota and attended the University of South Dakota Medical School. She completed a pediatric residency and a Master's in Public Health at the University of Minnesota. She practiced pediatric medicine in the St. Paul area for the past 25 years. She moved to Wisconsin to be near her daughter, son-in-law, and baby grandson who live in Washburn. She enjoys reading, horseback riding, and playing trivia.

Dr. Matson practices general pediatrics including newborn and well child care. She has a special interest in mental health and behavioral problems and attention deficit disorder.





February is



American Heart Month



February is American Heart Month

Learn about your risks for heart disease and stroke and stay "heart healthy" for yourself and your loved ones

During the month of February, Americans see the human heart as the symbol of love. February is American Heart Month, a time to show yourself the love. Learn about your risks for heart disease and stroke and stay "heart healthy" for yourself and your loved ones.

Cardiovascular disease (CVD)—including heart disease, stroke, and high blood pressure—is the number 1 killer of women and men in the United States. It is a leading cause of disability, preventing Americans from working and enjoying family activities.¹ CVD costs the United States over \$300 billion each year, including the cost of health care services, medications, and lost productivity.¹

Understanding the Burden of CVD

CVD does not affect all groups of people in the same way. Although the number of preventable deaths has declined in people aged 65 to 74 years, it has remained unchanged in people under age 65. Men are more than twice as likely as women to die from preventable CVD.

Having a close relative who has heart disease puts you at higher risk for CVD. Health disparities based on geography also exist. During 2007–2009, death rates due to heart disease were the highest in the South and lowest in the West.

Race and ethnicity also affect your risk. In Red Cliff, 36% have CVD or are at risk for having it.

Many CVD deaths could have been prevented through healthier habits, healthier living spaces, and better management of conditions like high blood pressure and diabetes.

Take It One Step at a Time

You can control a number of risk factors for CVD, including:

- Diet
- Physical activity
- Tobacco use
- Obesity
- High blood pressure
- High blood cholesterol
- Diabetes



As you begin your journey to better heart health that can last a lifetime, keep these things in mind:

Try not to become overwhelmed. Every step brings you closer to a healthier heart, and every healthy choice makes a difference!

Partner up. The journey is more fun—and often more successful—when you have company. Ask friends and family to join you.

Don't get discouraged. You may not be able to take all of the steps at one time. Get a good night's sleep—also important for a healthy heart—and do what you can tomorrow.

Reward yourself. Find fun things to do to decrease your stress. Round up some colleagues for a lunchtime walk, join a singing group, or have a healthy dinner with your family or friends.

Plan for Prevention

Try out these strategies for better heart health. You'll be surprised how many of them can become lifelong habits!

Work with your health care team. Get a checkup at least once each year, even if you feel healthy. A doctor, nurse, or other health care professional can check for conditions that put you at risk for CVD, such as high blood pressure and diabetes—conditions that can go unnoticed for too long.

Monitor your blood pressure. High blood pressure often has no symptoms, so be sure to have it checked on a regular basis. You can check your blood pressure at home, at a pharmacy, or at a doctor's office. Find more information at CDC's [High Blood Pressure Web site](#).

Get your cholesterol checked. Your health care team should test your cholesterol levels at least once every 5 years. Talk with your health care professional about this simple blood test. You can find out more from CDC's [High Cholesterol Web site](#).

Eat a healthy diet. Choosing healthful meal and snack options can help you avoid CVD and its complications. Limiting sodium in your diet can lower your blood pressure. Be sure to eat plenty of fresh fruits and vegetables—adults should have at least five servings each day. Eating foods low in saturated fat, trans fat, and cholesterol and high in fiber. For more information on eating a healthy diet, visit CDC's [Nutrition](#) page

Limit alcohol use. Avoid drinking too much alcohol, which can increase your blood pressure. Men should stick to no more than two drinks per day, and women to no more than one. For more information, visit CDC's [Alcohol and Public Health Web site](#).

Manage your diabetes. If you have diabetes, monitor your blood sugar levels closely, and talk with your health care team about treatment options. Visit [CDC's Diabetes Public Health Resource](#) for more information.

Take your medicine. If you're taking medication to treat high blood pressure, high cholesterol, diabetes, or another condition, follow the instructions carefully. Always ask questions if you don't understand something. If you have side effects, talk with your health care team about your options.

Need more inspiration? The "[28 Days to a Healthier Heart](#)" tips can inspire you throughout February and all year long. Follow [Million Hearts®](#) on [Facebook](#) and [Twitter](#) for even more ways to protect your heart and live a longer, healthier life. Million Hearts® is a national initiative to prevent 1 million heart attacks and strokes by 2017.



Take good
care of yourself

For the
ones you love





Giving Your Family a Healthy Head Start

Mealtime might just be the most challenging part of being a mom. Healthy kids require healthy foods. But how do you choose nutritious foods – and how do you get your kids to eat them?

Lashell decided her daughter would start getting the right nutrition even before she was born. She'd heard that the Wisconsin WIC Program would be there for her before, during and after her pregnancy – to teach her how to make mealtimes healthier, and to provide help to buy nutritious foods.

"I started with WIC when I was pregnant," Lashell says. "They give you one-on-one coaching. I learned more and more. It was really helpful to me, especially when I was breastfeeding. I wanted to know what I'm supposed to eat and drink, and what I was not supposed to. Like, I didn't know that when I was pregnant I shouldn't eat things like hot dogs, fast food, or canned food because of the preservatives. They're experts at knowing the right foods."

Baby Londyn is ten months old now, and WIC has been there for Lashell every nutritional step of the way. The monthly food vouchers, she says, help create a healthy family menu. "You get vouchers for things like bread, peanut butter, milk, juice, tuna and eggs – and fresh fruits and vegetables from the farmers market. I usually didn't eat fruits and vegetables on a daily basis. WIC provides so much healthy food, and a lot of variety, so Londyn will know more different foods. Squash is one of her favorites, and now she'll even eat broccoli, the hardest vegetable to get a kid to eat."

It's a menu that is ever-changing. "I'll have to figure out what she might like," she says. "If it's something I never had, I'll get it and try it. If she doesn't like it, I'll let them know on our next visit. They work with me to find things that work for us."

As little Londyn grows, WIC will be there for her and her mom. We're here for you, too, providing food and nutrition information to help keep pregnant women, infants and children under five healthy and strong. For more information about WIC or to find an office near you, call 1-800-722-2295 or visit www.dhs.wisconsin.gov/wic.

WIC Mealtime Tips

Families who eat together tend to eat healthier meals. Set a family goal to eat at least one meal together every day.

Serve meals at the table.

Sit at the table with your child during snack time.

Talk about happy or fun things during meals.

Children eat better with routines – offer 3 healthy meals and 2 snacks at about the same times each day.

Offer children child-size servings.

Allow your child to serve themselves from the serving bowls, whenever possible.

Ask your child to taste foods, but don't force them to eat all of it.

Let everyone decide how much to eat. Your child is learning to eat when hungry and to stop eating when full.

Allow your child to spit out a food they do not prefer.

If your child refuses to eat a certain food, a similar food may be offered at the next snack.

Even if your child is not eating, make sure they are at the dinner table during mealtimes.

Eat with the television off.



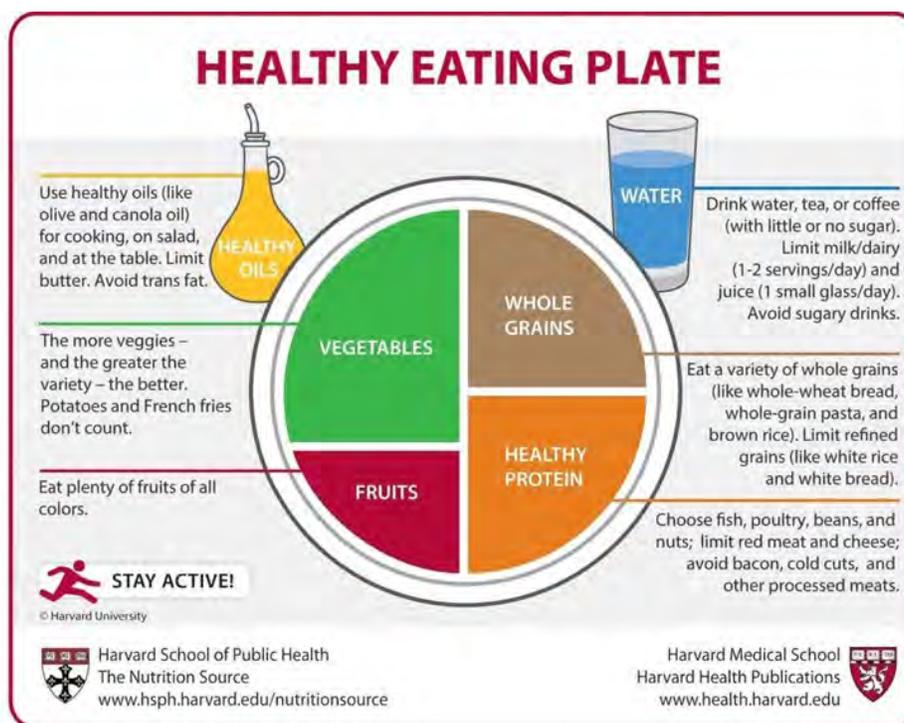
20 Exercise Benefits

- | | |
|--------------------------|---------------------------|
| 1. Reduces body fat | 11. Maintains mobility |
| 2. Increases lifespan | 12. Improves memory |
| 3. Oxygenates body | 13. Improves coordination |
| 4. Strengthens muscles | 14. Strengthens bones |
| 5. Manages chronic pain | 15. Improves complexion |
| 6. Wards off viruses | 16. Detoxifies body |
| 7. Reduces diabetes risk | 17. Decreases stress |
| 8. Strengthens heart | 18. Boosts immune system |
| 9. Clears arteries | 19. Lowers blood pressure |
| 10. Boosts mood | 20. Reduces cancer risk |



Healthy Eating Plate & Healthy Eating Pyramid

The Healthy Eating Plate, created by nutrition experts at Harvard School of Public Health and editors at Harvard Health Publications, was designed to address deficiencies in the U.S. Department of Agriculture (USDA)'s MyPlate. The Healthy Eating Plate provides detailed guidance, in a simple format, to help people make the best eating choices.



Use The Healthy Eating Plate as a guide for creating healthy, balanced meals—whether served on a plate or packed in a lunch box. Put a copy on the refrigerator as a daily reminder to create healthy, balanced meals!

Make most of your meal vegetables and fruits – 1/2 of your plate:

Aim for color and variety, and remember that potatoes don't count as vegetables on the Healthy Eating Plate because of their negative impact on blood sugar.

Go for whole grains – 1/4 of your plate:

Whole and intact grains—whole wheat, barley, wheat berries, quinoa, oats, brown rice, and foods made with them, such as whole wheat pasta—have a milder effect on blood sugar and insulin than white bread, white rice, and other refined grains.

Protein power – 1/4 of your plate:

Fish, chicken, beans, and nuts are all healthy, versatile protein sources—they can be mixed into salads, and pair well with vegetables on a plate. Limit red meat, and avoid processed meats such as bacon and sausage.

Healthy plant oils – in moderation: Choose healthy vegetable oils like olive, canola, soy, corn, sunflower, peanut, and others, and avoid partially hydrogenated oils, which contain unhealthy trans fats. Remember that low-fat does not mean “healthy.”

Drink water, coffee, or tea: Skip sugary drinks, limit milk and dairy products to one to two servings per day, and limit juice to a small glass per day.

Stay active: The red figure running across the Healthy Eating Plate’s placemat is a reminder that staying active is also important in weight control.



The main message of the Healthy Eating Plate is to focus on diet quality.

The *type of carbohydrate* in the diet is more important than the *amount of carbohydrate* in the diet, because some sources of carbohydrate—like vegetables (other than potatoes), fruits, whole grains, and beans—are healthier than others.

The Healthy Eating Plate also advises consumers to avoid sugary beverages, a major source of calories—usually with little nutritional value—in the American diet.

The Healthy Eating Plate encourages consumers to use healthy oils, and it does not set a maximum on the percentage of calories people should get each day from healthy sources of fat. In this way, the Healthy Eating Plate recommends the opposite of the low-fat message promoted for decades by the USDA.



5 Leading Benefits of Broccoli

- 1. Arthritis:** Recent tests on cells, tissues and mice show that a sulfur-rich broccoli compound, sulforaphane, blocks a key destructive enzyme that damages cartilage. It’s thought that increasing broccoli in your diet may help to slow down and even prevent osteoarthritis.
- 2. Cancer:** Sulforaphane in broccoli has also been shown to kill cancer stem cells, thereby striking to the root of tumor growth, and the broccoli compound glucoraphanin — a precursor to sulforaphane – boosts cell enzymes that protect against molecular damage from cancer-causing chemicals. One study published in *PLoS One*, for instance, found that just four servings of broccoli per week could protect men from prostate cancer. One serving of broccoli is about two spears, so that’s only 10 broccoli spears per week.
- 3. Blood Pressure and Kidney Health:** Sulforaphane in broccoli may also significantly improve your blood pressure and kidney function, according to yet another study in which hypertensive rats with impaired kidney function were given sulforaphane. The natural compound improved the rats’ kidney function and lowered their blood pressure by normalizing DNA methylation patterns within their cells.
- 4. Anti-Aging and Immune System Health:** Sulforaphane also seems to stimulate a variety of antioxidant defense pathways in your body that can directly reduce oxidative stress and slow down the decline in your immune system that happens with age. .
- 5. Heart Health, Especially for Diabetics:** Sulforaphane encourages production of enzymes that protect the blood vessels, and reduces the number of molecules that cause cell damage — known as Reactive Oxygen Species (ROS) — by up to 73 percent. People with diabetes are up to five times more likely to develop cardiovascular diseases such as heart attacks and strokes — both of which are linked to damaged blood vessels. Eating broccoli may help to reverse some of this damage.

- See more at: <http://healthimpactnews.com/2013/5-health-benefits-of-broccoli/#sthash.mts6FgtT.dpuf>

Mexican Style Sweet Potatoes

Sweet potatoes has a number of great health benefits. They're high in vitamins B6 (which can boost cognitive and immune function and may help reduce the risk of heart disease), C (thought to lower risk for some types of cancer and famous for its immune-boosting effects), and D (the



famous bone density, immunity, and nervous system booster). Plus, these orange spuds contain a ton of fiber, which boosts digestive and heart health . They're a better choice over regular white potato because it's made up of complex carbohydrates, meaning its sugars are slowly released into the bloodstream, rather than being processed quickly and causing a spike in blood sugar (and energy), followed by a crash.

Serves 2

What You'll Need:

2 sweet potatoes

1 tablespoon extra-virgin olive oil

1/2 white onion, diced

1/2 red pepper, diced

1 garlic clove, minced

1/2 teaspoon sea salt

1 lime, juiced

1 13oz can black beans

Extra-virgin olive oil



Tips:

If you like spicy food, you can top this dish with a spoonful of salsa or chopped chili peppers.

Cut calories by cooking veggies in a little water or broth and leaving out the drizzle of olive oil.

What to Do:

1. Pierce the sweet potatoes and bake at 400 degrees Fahrenheit for one hour.
2. Remove from the oven and slice each potato lengthwise.
3. Scoop out the insides so that there is only a thin layer remaining lining the edges. Set aside.
4. Heat olive oil in a frying pan over medium heat, and cook the chopped vegetables until tender, about seven minutes. Seasoning with salt to taste.
5. Drain and rinse the black beans and add to the frying pan along with the lime juice.
 1. While the bean and vegetable combo is cooking, mash the mixture with the edge of a fork to break up the beans.
 2. Add the cooked sweet potato insides to the bean mixture and mix until thoroughly combined.

Stuff each potato with the bean mixture and serve with a drizzle of extra-virgin olive oil and chopped parsley.

What Diabetes Can Do to Your Body

Peripheral Neuropathy and Diabetes.



Peripheral neuropathy is nerve damage caused by chronically high blood sugar and diabetes. It leads to numbness, loss of sensation, and sometimes pain in your feet, legs, or hands. It is the most common complication of diabetes.

About 60% to 70% of all people with diabetes will eventually develop peripheral neuropathy, although not all suffer pain. Yet this nerve damage is not inevitable. Studies have shown that people with diabetes can reduce their risk of developing nerve damage by keeping their blood sugar levels as close to normal as possible.

What causes peripheral neuropathy? Chronic high blood sugar levels damage nerves not only in your extremities, but also in other parts of your body. These damaged nerves cannot effectively carry messages between the brain and other parts of the body.

This means you may not feel heat, cold, or pain in your feet, legs, or hands. If you get a cut or sore on your foot, you may not know it, which is why it's so important to inspect your feet daily. If a shoe doesn't fit properly, you could even develop a foot ulcer and not know it.

The consequences can be life-threatening. An infection that won't heal because of poor blood flow causes risk for developing ulcers and can lead to amputation.

Some people feel tingling, then later feel pain. Other people lose the feeling in fingers and toes: they have numbness.

Because the changes are subtle and happen as people get older, people tend to ignore the signs of nerve damage, thinking it's just part of getting older.

There are treatment that can help slow the progression of this condition and limit the damage. Talk to your doctor about what your options are, and don't ignore the signs because with time, it can get worse.

Make sure your pain is taken seriously.



Warm Red Cabbage Slaw with Apple and Caraway Seed



Here is a warm salad that you will enjoy when the weather is cold. The ingredients are easily available this time of year.

- 3 tablespoons oil, divided (olive or canola oil are healthiest)
- 2 tablespoons apple cider vinegar
- 1 tablespoon brown sugar
- 1 teaspoon mustard (Dijon, if you have it)
- 1/2 red (or yellow or white) onion, thinly sliced
- 1/2 head medium red (or green) cabbage, cored and thinly sliced (about 4 cups)
- 1 small apple, shredded (about 1 cup) (can be peeled if you prefer)
- (kosher) salt, to taste
- freshly ground black pepper, to taste
- 1/2 teaspoon Caraway Seed, lightly crushed (can substitute celery seed or leave out)

In a small bowl, whisk together vinegar, brown sugar, mustard and 2 tablespoons of oil. Set aside. Heat a large skillet or wok over medium-low heat. Add 1 tablespoon oil and swirl to coat pan. Add onion and cook, stirring occasionally, until softened, about 5 minutes. Add cabbage and apple and cook, stirring, for 2 minutes, or until cabbage is slightly wilted and crisp-tender. Remove from heat and stir in dressing, a generous pinch of salt, and crushed caraway seed.

Serves 4.

Healthy tip: If you would like to cut the fat calories, you can cook the onion, cabbage and apple in a little water rather than 1 Tbsp. oil.

Per serving: Calories 170, Fats 10.5g, Sodium approx. 30mg, Total Carbohydrates 45g, Sugars 41.5g, Fiber 14g, Protein 6g.

RCCSSA

- ❖ Uses the Percentage of Income Standard for setting fair child support payment amounts (gross income):
 - 17% for one child
 - 25% for two children
 - 29% for three children
 - 31% for four children
 - 34% for five or more children
- ❖ Utilizes the WI KIDS system to manage collections and disbursement of all child support orders
- ❖ Will not be charging interest on arrears
- ❖ Has the ability to offer families child support orders that include non-cash support (restrictions apply)
- ❖ Will review child support cases every 2 years
- ❖ Will not charge clients annual R&D fees
- ❖ Offers assistance and case management services
- ❖ Works closely with families to identify, assess and assist with needs and barriers through the referral process
- ❖ Delivers culturally appropriate services to our clients

Mission of RCCSSA:

The Red Cliff Child Support Services Agency (RCCSSA) is dedicated to providing services that are delivered implementing the seven Core Anishinaabe Values; respect, courage, honesty, wisdom, generosity, truth, humility and love as our service delivery process. Our goal is to work with parents so they may provide support for their children financially, medically and emotionally, keeping in mind at all times that the children come first.



Children are expensive to raise: shoes, jeans, shirts, rent, gasoline, and food are all necessities for your children. It's only fair that if you have a child that you provide for their needs.

Experience has shown that if children spend time with both parents, their chances of growing up to be adults with fewer problems and issues increases. Again, experience has shown that when parents are paying child support they tend to want to spend time with their children.

FOR MORE INFORMATION



Call or stop in to the RCCSSA office

(Location and contact info is on the front of this brochure)



General child support information can be found on the Wisconsin Bureau of Child Support (BCS) website:
dcf.wisconsin.gov/bcs



Eligibility

New Cases

RCCSSA provides paternity establishment and child support services to families where one or more of the parties are enrolled members of the Red Cliff Band of Lake Superior Chippewa Indians. We also provide services for non-members who reside within the boundaries of the Red Cliff reservation.

Existing Cases

Eligibility for case transfer is established on a case-by-case basis for those families that already have a child support case in another Tribe or County. Some factors that are considered when determining case transfer is tribal enrollment status, residency, practicality, and/or consensus of both parties.



Red Cliff Child Support Services Agency (RCCSSA)



Physical location of RCCSSA:

Makwa House
37270 Community Road
Bayfield, WI 54814

RCCSSA mailing address:

Red Cliff Child Support Services Agency
88385 Pike Road, HWY 13
Bayfield, WI 54814

Tele: (715)779-3769

Fax: (715)779-3771



Services Provided:

- ✓ Establishing Paternity
- ✓ Establishment of Child Support Obligations
- ✓ Collection and Disbursement of Child Support Orders
- ✓ Enforcement of Child Support Obligations
- ✓ Modification of Child Support Orders
- ✓ Payment History
- ✓ Location of Parents
- ✓ Case Management Services

Services NOT Provided:

- Custody and Visitation
- Legal Advice
- Divorce Actions
- Property Settlements
- Legal Representation of either Party

MinoAyaWin Miikana Activities

Monday at 3:00pm Talking Circle, open meeting, no circle on holidays (Darla)

Tuesday at 3:00pm Wellbriety Group, open meeting (Allen)

Wednesday at 1:00pm Relationship Group, every six weeks new group (Star)

Wednesday at 1:00pm AODA Group, open group, starting March 4 (Darla)

Thursday is Drop in Day for cultural arts and crafts (Star)

All meetings and groups are ongoing and located in the lower level Human/Family Services Building in the MinoAyaWin Miikana* offices.



Snowshoeing is a fun way to get outdoors and stay in shape in the winter! It is a low impact activity that is adaptable to any ability level - if you can walk, you can do it! Snowshoeing burns more calories than running, walking or skiing. In just 3 miles, women can burn 744 calories and men can burn 984 calories!

ECC Health Fair

6th Annual

Friday, April 24, 2015
10:00 - 1:00pm

@ Red Cliff Early Childhood Center

- *Free screenings for adults and children
- *Free information
- *Healthy snacks
- *Child Passenger safety
- And so much more.....

This event is open to the public and parents are encouraged to bring the whole family!

Call Jenny Bresette (ext 257) or Cindy Garrity (ext. 253) for more details or questions @ 779-5030

ECC Winter Gathering

1st Annual Snacks

Saturday, February, 28, 2015

10:00am to 1:00pm

Red Cliff Youth Center

Raffles

Duck pond

Ring toss

Please join us in a fun filled day of games and activities that focus on the environment and Ojibwemowin language. We will have the opening at 10am and than games for kids of all ages followed by a puppet show at 12:30pm.

Some games include: Ojibwe Twister, Animals, Logo/ Plant identification, Surface water model activity, Ring toss, duck pond, bean bag toss, and many more.

If you have any questions, please contact:

715-779-5030

Jennifer Bresette (Ext. 257)

Cindy Garrity (Ext. 253)

Twister

And many more....



February 2015

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|--|-------------------------|---|-----|------------------------------------|-----|
| 1 | 2 8:00am WIC Pickup 1-4pm Optical | 3 8:00am WIC Pickup | 4 WIC all day | 5 | 6 WIC all day | 7 |
| 8 | 9 8:00am WIC Pickup 1-4pm Optical | 10 8:00am WIC Pickup | 11 | 12 | 13 | 14 |
| 15 | 16 RCCHC closed Presidents Day | 17 | 18 9:00am - 12:00pm WIC Clinic & Make-up | 19 | 20 | 21 |
| 22 | 23 2:00 - 4:00pm Adult MIHH 1-4pm Optical | 24 | 25 | 26 | 27 8:00am - 1:00pm Centering | 28 |





March 2015

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|--|-----------------------------|----------------------------------|-----|---------------------------|-----|
| 1 | 2 WIC Pick up all day 1-4pm Optical | 3 WIC Pick up all day | 4 WIC Cert. all day | 5 | 6 WIC Cert. all day | 7 |
| 8 | 9 WIC Pick up all day | 10 WIC Pickup All day | 11 | 12 | 13 | 14 |
| 15 | 16 1-4pm Optical | 17 | 18 WIC Cert. 9:00a -12:00p | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | 8:00am - 1:00pm Centering | | | |
| | 1-4pm Optical | | | | | |

