November 2012 Red Cliff Community Health Center

Giving Back to the Community

Red Cliff Ojibwe Drum and Dance Troupe

Three years ago the Red Cliff Ojibwe Drum and Dance Troupe began with a dream. Gretchen Morris founder and teacher made a commitment to share what she had dreamed of. Gretchen is the daughter of Marvin & Joanne Morris she is a tribal member of Red Cliff, she is also a mother of six. This is her dream. She states "As a young girl I remember watching others dance at the Red Cliff annual Pow Wow. I wanted to dance, but I didn't have regalia, I didn't know how to dance, and I was afraid. I remember a particular dancer from our community Victoria (Toddy) Gokee. I watched admiring her in her women's traditional regalia. I can still see her standing on the north west side of the pow wow circle, she was beautiful, A fully beaded headband with the one feather she had placed perfectly behind her head. I would see her year after year. I felt so proud, proud that she was from my reservation.

I often dreamed to look, to dance as beautifully as she had." Gretchen moved away from Red Cliff and returned home 15 years later. The dancing dreams started, to come true. "At 36 I had my first regalia made my Dad helped pick the colors and the design. The first time I wore it I was so proud everyone was telling me how beautiful it was. But I was still afraid, I didn't know how to dance . I didn't know the pow wow protocol. My first lesson– I was standing inside the circle with my new regalia on, my first time dancing, Mark Gokee comes to me and explains what a fancy shawl dancer is representing, a butterfly.

I began learning pow wow protocol, dances, songs, etc., by going to pow wows. I found a connection that I never had before. A year later I wanted to share what I had learned with my community. It has been 3 years since I made that commitment. Today we are known as Red Cliff Ojibwe Drum and Dance Troupe. We promote healthy lifestyles. I teach culturally specific native American dance styles and teachings. The troupe is becoming increasingly recognized as a positive part of our community. We have participated in the Apple fest for the last 4 years. Two years in a row we were awarded judges choice, This year we were awarded 1st place for an organization. We will be traveling .

Red Cliff Ojibwe Drum and Dance Troupe. Apple fest 2012.

We will be going to Detroit Lakes in March for a dance demonstration. We will also be going to Milwaukee to the Children's Hospital. We have received support from the Red Cliff Early childhood Center. We have also been given a sound system and $250.00 for the youth that participated in the Apple fest from the Red Cliff Health Department through the WNATN grant. Recently we received a $3000.00 grant from the Academy of Pediatrics to assist with supplies ,for regalia, nutrition, and advertisement.

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The Red Cliff Ojibwe Drum and Dance troupe would like to Thank all of our supporters.

If your are interested in becoming a member of the Red Cliff Drum & Dance Troupe please call Gretchen Morris @ 1-320-279-2257. Practice is Wednesday 5-7 p.m. @ Thunderbird Creation Studio (old even start).

Managing Your Diabetes

Tips for Managing your Diabetes.

There always seems to be a story in the media about a food that's just been found to be good or bad for you. Here are some healthful food choices that you and your family can depend on:

Eat lots of vegetable and fruits. To get good variety, choose from the rainbow of colors available. Eat low-starch or nonstarchy vegetables, such as spinach, carrots, broccoli, or green beans with meals.

Choose whole-grain foods over processed-grain products. Try brown rice, or whole-wheat spaghetti with your favorite pasta sauce.

Include dried beans, like kidney or pinto beans, and lentils in your meals.

Include fish in your meals every week.

Choose lean meats. For example, cuts of beef and pork that end in "loin," such as pork loin and sirloin, are good choices. Remove the skin from chicken and turkey.

Choose nonfat dairy, such as skim milk, nonfat yogurt, and nonfat cheese.

Choose water and calorie-free diet drinks instead of regular soda, fruit punch, sweet tea and other sweetened drinks.

Cook with liquid oils instead of solid fats, which can be high in saturated and trans fats. Remember that all fats are high in calories. If you are trying to lose weight, watch your portion sizes of added fats.

Cut back on high-calorie snacks and desserts, such as chips, cookies, cakes, and full fat ice cream.

If you eat too much, you can gain weight, even if what you are eating is healthful, so **Watch your portion sizes!!**

Nutrition Content of Local Wild Foods

Food	Amount	Calories	Fat in grams	Cholesterol in milligrams	Carbo-hydrates in grams	Fiber in grams
Fish						
Trout, dry heat	3 oz	161	7	63	0	0
Whitefish, dry heat	3 oz	146	6	65	0	0
Whitefish, smoked	3 oz	91	1	28	0	0
Animals						
Bear, simmered	3 oz	220	11	83	0	0
Bison	3 oz	146	2	45	0	0
Cottontail	3 oz	144	2.4	77	0	0
Deer meat,	3 oz	158	7	83	0	0
Elk	3 oz	138	1	65	0	0
Moose	3 oz	130	1	45	0	0
Squirrel	3 oz	149	3	83	0	0
Birds						
Canadian Goose	3 oz	171	4	105	0	0
Mallard	3 oz	154	2	143	0	0
Pheasant	3 oz	149	1	49	0	0
Grouse	3 oz	142	1	105	0	0
Wild Turkey	3 oz	158	1	58	0	0
Plant Foods						
Blackberries	1 cup	72	0	0	9	4
Blueberries	1 cup	81	0	0	20	4
Cranberries, raw and whole	1 cup	46	0	0	12	4
Strawberries	1 cup	45	0	0	10	3
Raspberries	1 cup	60	0	0	14	8
Wild rice, cooked	1 cup	165	0	0	35	3

Courtesy of Rebecca Crumb-Johnson, Memorial Medical Center, Ashland WI

Homemade Soup Recipe

WINTER SOUP

2 tablespoons canola oil

1medium onion chopped

2 (14 1/2 ounce) cans fat free chicken broth

3/4 cup tomato sauce

1/2 cup macaroni, uncooked

1 (15 ounce) can of white beans (cannelloni or great northern beans), drained

Pepper to taste

Heat oil in large soup pot over medium– low heat. Add onion and cook for 3 minutes. Add broth and tomato sauce, bring to a boil, then stir in macaroni. Reduce heat, cover, and simmer for 10 minutes. Add pepper to taste, then stir in white beans. Heat mixture thoroughly. Makes 4-6 servings

Approximate nutrients per serving: 295 calories, 8 grams of fat.

Red Cliff Community Health Center

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Fax: 715-779-3777
www.red-cliff-health.com

NOVEMBER DATES TO REMEMBER

NOV. 15– GREAT AMERICAN SMOKE OUT

Come in and get a free quit package on the 15th

NOV. 16– HEALTH FAIR LEGENDARY WATERS

CONFERENCE CENTER 9-2

NOV. 19– DIABETES SUPPORT GROUP

Held at the Elderly in the New Housing Day Room
6:00 p.m.

N0V.19 FLU SHOTS 1-4 **NOV. 30** 9-12 FLU SHOT

NOV.12 , 22, 23 CLINIC IS CLOSED

What is a "Proxy"?

- A proxy is someone who can come in and pick-up your WIC checks and shop for you to purchase WIC foods.

How many Proxies can I have?

- Each family is allowed two (2) proxies.

How should I choose my Proxy?

- A proxy should be someone you trust who is at least 18 years old. The proxy should have reliable transportation and be available on WIC pick up days – **The first AND second Monday & Tuesday of every month.** *Note: There are no make up days if a pick-up day lands on a holiday.

When should I use a Proxy?

An important goal of the WIC program is to provide nutrition education, so it is important that you make every attempt to be present at your appointment. Proxies should be used for emergency situations such as when you are sick or working.

American Cancer Society Circle Of Life℠: *Cancer Education and Wellness*

Lung Cancer Fact Sheet

Photo courtesy of Gary Robinson (Tribal Eye Productions)

About the Lungs

- The lungs are 2 organs found in the chest that are part of your respiratory system.
- When you breathe in and out through your mouth or nose, the lungs take in oxygen needed by your body and give off carbon dioxide.

What is lung cancer?

- Lung cancer is cancer that starts in the lungs. Lung cancers are thought to develop over many years.
- Signs and symptoms of lung cancer:
  - A cough that does not go away
  - Chest pain that is often worse with deep breathing, coughing, or laughing
  - Hoarseness
  - Weight loss and loss of appetite
  - Coughing up blood or rust-colored sputum (spit or phlegm)
  - Shortness of breath
  - Feeling tired or weak
  - Recurring infections such as bronchitis

The Bottom Line about Lung Cancer

Stopping the use of commercial tobacco (daily or frequent use of cigarettes, pipes, or cigars) could reduce the deaths from lung cancer. Until tobacco use is stopped, lung cancer will continue to be the number 1 cause of cancer death in the United States, killing about 160,000 Americans each year.

If you would like more information about lung cancer, please call 1-800-227-2345 or visit cancer.org.

DON'T FORGET!!!! November 15th is the Great American Smoke out. Come in to the Health Center and get a free Quit Pack!!!!!!!

American Cancer Society® THE OFFICIAL SPONSOR OF BIRTHDAYS.®

We **save lives** and create more birthdays by helping you stay well, helping you get well, by finding cures, and by fighting back.

cancer.org | 1.800.227.2345

Publication supported by Centers for Disease Control & Prevention Cooperative Agreement #5 U50DP001711.

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Play is a great way for little minds to grow.

Learn from other Parents, Share stories, and experiences.

Nimaamaa (my mother)

What: A safe space for pregnant and new moms and partners to gather, teach and learn.

Where: At the Red cliff clinic

When: Nov.8, Nov.22,Dec.6,Dec.20

From 10am-12pm

Who: Any woman who is pregnant and new moms and partners with children up to 5 years old.

PLEASE JOIN US AT NIMAAMAA

For more information or any questions please call

Angela Berg at

715-779-3707 ext. 233

Kicking off another year of Nooni

Do you support breastfeeding? Come join us in our effort to support our community.

Who: Everyone is welcome! Breastfeeding mom's, babies, men, grandparents, everyone.

Where: Red Cliff Health Center conference room

When: 10am-12pm

Every other Thursdays Nov.1, Nov. 15, Nov. 29, Dec.13,Dec.27

For more info please call Angela Berg 715-779-3707 ext. 233

NOVEMBER

2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Nooni 10-12	2 Walking Club Shopping 10-2	3
4	5 WIC Pick up ALL DAY Optical 1-4	6 WIC Pick up ALL DAY	7 Optical 1-4	8 Nimaamaa 10-12 Podiatry	9 Healthy life-styles Support Group 12-1	10
11	12 Clinic Closed Veterans Day Observed	13 WIC Pick UP ALL DAY	14 Optical 1-4	15 Nooni 10-12 Great Ameri-can Smoke	16 Health Fair Flu Shots Legendary Waters 9:00—2:00	17
18	19 Flu Shots Red Cliff Health ctr 1-4	20	21 Optical 1-4	22 Clinic Closed Happy Thanks-giving	23 Clinic Closed	24
25	26 Optical 1-4	27	28 Optical 1-4	29 Nooni 10-12 Podiatry	30 Flu Shots Red Cliff Health ctr 9-12	

DECEMBER

2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Optical 1-4 WIC pick up	4 WIC pick up	5 Optical 1-4	6 Nimaamaa 10-12	7	8
9	10 Optical 1-4 WIC pick up	11 WIC pick up	12 Optical 1-4	13 Podiatry Nooni 10-12	14	15
16	17 Optical 1-4	18	19 Optical 1-4	20 Podiatry Nimaamaa	21	22
23	24 Clinic Closed half day	25 Clinic Closed	26 Optical 1-4	27 Nooni 10-12	28	29
30	31 Optical 1-4					

RED CLIFF HEALTH FAIR

DEKONIGAADEG (Day-con-i-gah-dayg)

" The Holders of the Medicine"

Friday November 16, 2012

9 a.m.—2p.m.

Legendary Waters Resort & Casino
Conference Center

We will be having vendors from, Red Cliff, Bayfield, Washburn, & Ashland. Screenings offered:

BLOOD PRESSURE, CHOLESTEROL, BLOOD SUGAR.
We will also have:

FLU VACCINES, FREE MASSAGES, HEALTHY FOOD DEMO. REFRESHMENTS

RAFFELS!!!RAFFELS!!!RAFFELS!!!RAFFELS!!!

[Sponsored by]

RED CLIFF COMMUNITY HEALTH CENTER