



Red Cliff Community Health Center Newsletter

December 2011

Health Center October Star of the Month

Each month, we will be featuring one Health Center staff member that has been recognized by their peers for outstanding work. For the month of October, Lisa Cadotte was selected.

Lisa began work for the Health Center in July 2003. She is a graduate of the Medical Assistant program at WITC. While Lisa has worked at the front desk for many years, she has also received training in coding/medical records. She is currently transitioning from Registration to a Medical Records Clerk.

Daily duties for Lisa include assisting the Medical Records Administrator with coding, filing correspondence and preparing releases of information.

Thanks for doing a great job Lisa, you are a star!!



IPC - What is it?

By Howard Paap

The Red Cliff Health Center has become part of an international project meant to improve the health of those who use reservation health centers. This project is called Improving Patient Care (IPC) and was initiated by the Indian Health Service. Essentially, it is a gesture to have the community become more involved in the operation of their health centers. Not all reservation clinics are in it, but more are joining as time moves on.

If IPC is something you know little or nothing about, it would be good for you to learn more. It has the approval of tribal administration, and its goal is to improve patient care by having the patient be more involved in directing and administering that care. The final goal, and one we can all support, is to have a more healthy community.

Perhaps you have noticed a few people wearing new, gray hoodies with the IPC logo on the front, and if you were at the recent Red Cliff Health Fair you noticed the green t-shirts some health care workers were sporting. IPC has arrived at Red Cliff and is rapidly becoming an important part of the community.

As this writer sees it, it is, finally, about providing a more patient-focused type of health care. And, yes, that means the staff at the clinic will be asking more questions about what the patient wants, and how they think their needs should be met. One of the early goals is that a patient calling for a clinic appointment will get one that very day.

This is truly a patient-focused approach, and the reservation clinics across the country that are part of it feel it is a very good program. Call the clinic to learn more, and come in and ask to speak to someone about it. The bottom line is that the Red Cliff Health Center is your health center, and you are its focus.

The Red Cliff Health Center

Will be CLOSED:

Friday, December 23rd at Noon

Monday, December 26th

Monday, January 2nd



December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Centering Pregnancy 10am - Noon & 2pm - 4pm <hr/> WIC pick-up day	2	3
4	5	6	7	8 "Nooni Circle" Breastfeeding Support Group 10am - Noon <hr/> WIC pick-up day PODIATRY CLINIC	9 Flu Clinic 1 - 4pm Health Center appointments only <hr/> WIC Recert Day Making Healthy Choices Group 10-11	10
11	12 Diabetic Support Group 6pm in Elderly Day Room	13	14 DIABETIC CLINIC	15 Centering Pregnancy 10am - Noon & 2pm - 4pm	16 "Spirit of Tobacco" Community Event @ Elderly Feeding Site 5pm to 8pm	17
18	19	20	21 <i>Blood sugar, Cholesterol and Blood pressure screenings at lower level tribal office 9am to 11am</i>	22 "Nooni Circle" Breastfeeding Support Group 10am - Noon <hr/> PODIATRY CLINIC	23 CLINIC CLOSED AT NOON	24
25 	26 <u>CLINIC CLOSED</u>	27	28	29 Centering Pregnancy 10am - Noon & 2pm - 4pm	30 Making Healthy Choices Support Group 10am to 11am	31

January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 <u>CLINIC CLOSED</u>	3	4 WIC Recert Day	5 "Nooni Circle" Breastfeeding Support Group 10am - Noon <hr/> WIC Pick-up Day	6 WIC Recert Day	7
8	9 Diabetic Support Group 6pm in Elderly Day Room	10	11	12 PODIATRY CLINIC <hr/> WIC Pick-up Day Centering Pregnancy 10am - Noon & 2pm - 4pm	13	14
15	16	17	18	19 "Nooni Circle" Breastfeeding Support Group 10am - Noon	20	21
22	23	24	25 <u>BLOOD DRIVE</u> 10:30 - 3:30 at Legendary Waters Event Center	26 PODIATRY CLINIC <hr/> Centering Pregnancy 10am - Noon & 2pm - 4pm	27	28
29	30	31				

7 Signs of Type 2 Diabetes

By Barbara Brody, Health Editor, Woman's Day Magazine

Not exercising. Supersize portions. Our love affair with food has taken a drastic turn. The number of Americans with type 2 diabetes—21 million, including adults and children—has risen with the obesity epidemic. Should you or your child get tested? Yes, if you have a family history of the disease and/or any of the following:

1. **You're overweight.** Even being just 10 to 15 pounds overweight can increase your risk of developing type 2 diabetes. If your child is overweight, make sure his/her pediatrician tests him/her, because type 2 diabetes is on the rise in kids. The encouraging news is that losing just 5% to 7% of your body weight can reduce your risk of diabetes, according to research from the Diabetes Prevention Program. Testing usually involves screening your blood for high glucose (sugar) levels. If they're too high, you could have either type 1 or type 2. Your doctor will most likely be able to sort it out based on your age and symptoms. In some cases, you may also need to see an endocrinologist (specialist).
2. **You're constantly running to the bathroom.** "If your body doesn't make enough insulin [a hormone that carries glucose into your cells to give them energy]," which can happen with type 1 or type 2 diabetes, "glucose builds up in your bloodstream and comes out in your urine," explains Janet Silverstein, MD, chief of pediatric endocrinology at the University of Florida. Because you're urinating a lot, you'll probably also be very thirsty and drinking more than usual.
3. **Your vision is blurry.** High blood sugar levels cause glucose to build up in the lens of your eyes, making it harder for you to focus. This could mean that you have type 1 or type 2 diabetes.
4. **You're losing weight for no apparent reason.** This is usually a sign of type 1 diabetes, but it sometimes happens with type 2. When the body can't make insulin, glucose (sugar) from food can't be used by the body's cells for energy or stored, says Dr. Silverstein. In addition, fat starts to break down, making you lose more weight.
5. **There's a dark ring around your neck.** When you body starts pumping out too much insulin—which is common with type 2—receptors in the skin folds respond by making extra pigment, says Alayne Reiker, MD, pediatric endocrinologist at Joslin Diabetes Center in Boston.
6. **You're getting frequent yeast infections.** This can happen with type 1 or type 2, because a buildup of glucose can cause an overgrowth of yeast. Symptoms often include vaginal itching and thick discharge. Keep in mind that young children might instead get a diaper rash, and boys might get urethritis, a yeast infection of the urethra.
7. **You're 45 or older.** Diabetes risk goes up with age, so the American Diabetes Association recommends getting screened at least every three years starting at age 45. Learn more at [NDPEP.nih.gov](http://ndep.nih.gov).

Diabetes Defined

Type 1: An autoimmune condition in which the body doesn't make insulin, a hormone needed to move sugar from the bloodstream into cells for energy. Usually diagnosed in kids.

Type 2: The most common type in adults. You don't make enough insulin or the body doesn't respond to it properly. Not an autoimmune condition, it's strongly linked to obesity because fat cells are more resistant to insulin.

HEALTHY RECIPE

Dietitian's tip: Acorn squash is a good source of vitamins A and C, potassium, and fiber. Here it's paired with apples and brown sugar to make a hearty main dish. Serve along with whole-grain crackers and a small wedge of your favorite cheese to round out all food groups.

Acorn Squash with Apples

From Mayo Clinic

Serves 2

Ingredients

- 1 Granny Smith apple, peeled, cored and sliced
- 2 tablespoons brown sugar
- 1 small acorn squash, about 6 inches in diameter
- 2 teaspoons trans-free margarine

Directions

In a small bowl, mix together the apple and brown sugar. Set aside.

Pierce the squash several times with a sharp knife to let the steam escape during cooking. Microwave on high until tender, about 5 minutes. Turn the squash after 3 minutes to ensure even cooking.

Place the squash on a cutting board and cut in half. Scrape the seeds out of the center of each half and discard the seeds. Fill the hollowed squash with the apple mixture.

Return the squash to the microwave and cook until the apples are softened, about 2 minutes.

Transfer the squash to a serving dish. Top each half with 1 teaspoon margarine and serve immediately.

Nutritional Analysis (per serving)

Calories: 270	Cholesterol: 0mg	Protein: 2g	Sodium: 140mg
Carbohydrate: 52g	Fiber: 5g	Total fat: 6g	Potassium: 1,015mg
Saturated fat: trace	Calcium: 104mg	Monounsaturated fat: 2g	



WELCOME OUR NEW EMPLOYEES!



Shaleena Demirkol, Health Center Receptionist



Hi, My name is Shaleena Demirkol and I'm the new clinic receptionist. I am a Red Cliff Tribal member and have been a member of the Red Cliff community for the past 21 years of my life. I live in the area with my husband and our dog. I graduated from the Bayfield Public High School and the oldest of six children in my family. I am very happy to be a member of the team here at the clinic.

John Schmid, X-Ray Technologist



Hi, My name is John Schmid and I'm the new X-Ray Technologist here at the clinic. I arrived in November from Chicago, where he earned his Associate in Applied Science and license in Radiography. He and his wife Linnea are excited to serve a new community amidst the beauty of Lake Superior. John was born in northern Wisconsin and grew up in White Bear Lake, MN. His interests include wildlife conservation and he's a big fan of the Minnesota Twins baseball team.

December: Safe Toys & Gifts Month

With the holiday season approaching, your thoughts may be turning to shopping for toys and gifts. You'll want to get the children in your life their favorite toys, and there are thousands of toys to choose from in stores and online. Before you make those purchases remember to consider the safety and age-range of the toys. In 2007 alone, toymakers recalled over 19 million toys worldwide because of safety concerns such as lead paint and small magnets. In 2005, there were over 200,000 toy-related injuries.

To prevent injuries, choose toys that are safe for the age of the child. Look for labels to help you judge which toys might not be safe. Especially for infants and children under age three. For children of all ages, consider if the toys are suited to their skills and abilities.

Focus On: Selecting Safe Toys

Even within the child's age range, toys suitable for one child might not be suitable for another child. It's good to keep in mind that younger children, if they're not being watched closely, may play with toys purchased for older children. Here are some guidelines for choosing safe toys for all ages:

- Look for toys that have a solid design and a sturdy construction-toys that won't break, crush, or be pulled apart easily.
- Check to see if the instructions are clear.
- Read the labels to see if there are any fire hazards.
- Look for labels that assure you the toys have passed a safety inspection-ASTM means the toy has met the American Society for Testing and Materials standards.

Choosing Toys for Children with Special Needs

Here are some tips for buying quality toys for children with special needs:

- Choose toys that may appeal to different senses-sound, movement, texture.
- Consider interactive toys-toys that allow the child to play with others.
- Think about what size the toy is and what position a child would need to be in to play with it.

Determine if the toy could be adapted to different kinds of play in different situations-could it be played with alone or in interaction with other children? Could the toy be adjusted for a child with special needs? Could it be used with other toys? AblePlay is a service of the National Lekotek Center, which offers a database for parents, friends, and relatives to search for toys for children with special needs

Sources: National Lekotek Centre



Editor's note - Correction: It was brought to my attention that the "One Step at a Time - Changing in Stages" article was not fully published in the November 2011 newsletter. Here is the full article. Sorry for the inconvenience.

ONE STEP AT A TIME – Changing in Stages

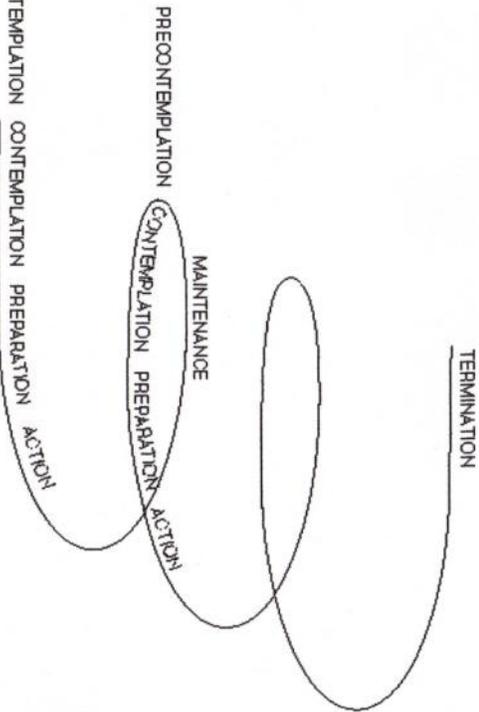
Anthony Bondioli, RN, BSHP

24 October, 2011

If you're human, odds are there's something you want to change about yourself, whether it's eating healthier foods, being more physically active, quitting smoking, efficiently managing your time, effectively coping with stress, or any number of other items on your "Some day I'm going to..." wish list. Acknowledging the need to change is a big step, and an important one, but it's only one of many on the path toward redefining any given aspect of your life experience. Understanding the common stages of change that all people go through in the process of personal evolution can help you stay motivated to continue on your own journey of self-improvement.

The "Stages of Change" or "Spiral" model of behavior change was developed by Dr. James Prochaska, a psychologist at the University of Rhode Island and author of the book, *Changing for Good*. After his own father died from complications related to alcoholism, Prochaska vowed to find a way to help people make healthy changes in their lives. After many years of studying people who were successful at changing behaviors, he was able to identify a common pattern, comprised of six stages through which all self-changers had progressed. Although most of his studies focused on altering patterns of drug abuse, subsequent research has demonstrated that people tend to move through the same stages of change no matter what type of behavior they are attempting to alter. By identifying the stage in which you currently find yourself, you can begin to develop a strategy by which you will be able to progress to the next stage, and nearer to your ultimate goal. If you do happen to miss a beat and get off track—a normal part of the change process—you can simply re-evaluate your position along the spectrum of change, assess your resources and support network, and continue moving forward again when the time is right.

As you read through the following descriptions of the stages of change, keep in mind that change rarely occurs in a "linear" fashion—that is, moving cleanly from Point A, to Point B, all the way to Point Z. More often, it follows a spiral path, by which you might progress two or three steps forward, only to slip back a step or two, before once again moving forward several paces. This is common to virtually all successful self-changers, and it is in this way that most people tend to eventually reach their personal goals.



Stage 1: Precontemplation

At this stage, you haven't even considered making a change. You don't perceive the need to change an unhealthy habit, or to adopt a healthy one. You need to learn more about the healthy behavior itself, and should be encouraged to consider the benefits of changing.

Stage 2: Contemplation

At this stage, you are aware of the benefits of changing, and plan to do so in the near future, but aren't quite ready to "take the plunge." Spend time reflecting upon the kind of person you can be if you make the healthy change, and try to learn from people who have already done so.

Stage 3: Preparation

At this stage, you are ready to begin taking action in the near future (within a month or so), and may already be taking small steps that will help make a new, healthy behavior a part of your life. This is the time to make a plan, seek support from trusted friends or family members, and think about what it will feel like to make the healthy change. The #1 question people have during the preparation stage is, "Will I fail?" Remember, the better prepared you are, the more likely you will be to continue progressing.

Stage 4: Action

At this stage, you have begun a new, healthy behavior and/or stopped an old, unhealthy one, and you are working hard to keep up the great work. It's important for you to learn how to strengthen your commitments to change, and to fight the urges to slip back into the old way of doing things. Some helpful techniques can include: substituting old, negative behaviors with new, positive ones; rewarding yourself for taking steps toward healthy change; and avoiding people and situations that tempt you to return to unhealthy behaviors.

Stage 5: Maintenance

At this stage, your behavior has been changed for quite some time. It is no longer so difficult for you to maintain the new, healthy way of doing things, but you must remain aware of and continue to avoid situations that may tempt you to return to old, unhealthy behaviors—particularly stressful situations. Continue seeking support from people you trust and to spend time with people who exhibit the healthy behavior you've adopted, and keep on engaging in healthy behaviors to help cope with stress.

Stage 6: Termination

This stage may never be reached, as active maintenance may always be necessary to avoid a return to the unhealthy behavior. It is possible, though, that you may reach a place in your life in which you have absolutely no temptation to ever return to the old, unhealthy way of doing things, and 100-percent confidence in your ability to remain successful in maintaining your goal.

The "Non-Stage" Release

Most people attempting to change do not succeed on their first attempt. Linear progression through the stages of change (moving directly from Point A, to Point B, straight through to maintenance or termination) is possible, but relatively rare in the world of behavior change. In striving to change, it is important for you to remember that relapse is not failure. It is a normal part of the process of change. When it occurs, you will find yourself in an earlier stage along the spectrum of change. Consider the plans for your next attempt while learning from your recent efforts. Re-evaluate where you are, assess your readiness to change and the resources available to help you do so, and keep moving forward.

One of the most important factors in successful behavior change is the sense that you are becoming the type of person you want to be. Once a positive change is initiated, the change itself will help foster a sense of self that will support confidence in your ability to continue along the healthy path. Understanding the stages of change through which we all progress can prove invaluable in making this journey. It is vital to remember, though, that insight alone will not bring about a healthy behavior change. In the words of Bruce Lee, "Knowing is not enough; we must apply. Willing is not enough; we must do." So what are you waiting for? Find your place in the spectrum of change, be kind to yourself, and make the most of living the journey.

WINTER SAFETY

Plan Ahead

Prepare for extremely cold weather every winter—it's always a possibility. There are steps you can take in advance for greater wintertime safety in your home and in your car.

Winter Survival Kit for Your Home

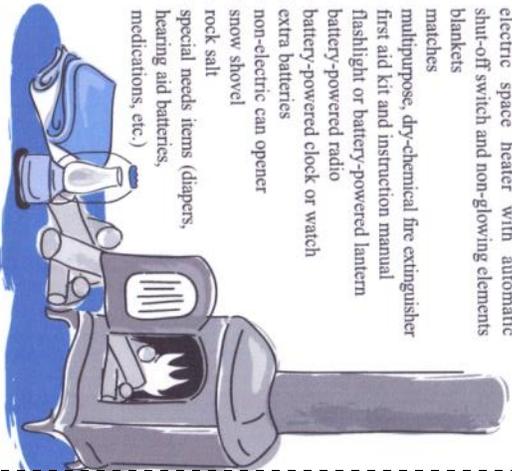
Keep several days' supply of these items:

- Food that needs no cooking or refrigeration, such as bread, crackers, cereal, canned foods, and dried fruits. Remember baby food and formula if you have young children.
- Water stored in clean containers, or purchased bottled water (5 gallons per person) in case your water pipes freeze and rupture.
- Medicines that any family member may need.

If your area is prone to long periods of cold temperatures, or if your home is isolated, stock additional amounts of food, water, and medicine.

Emergency Supplies List:

- an alternate way to heat your home during a power failure:
 - dry firewood for a fireplace or wood stove, or
 - kerosene for a kerosene heater
- furnace fuel (coal, propane, or oil)
- electric space heater with automatic shut-off switch and non-glowing elements
- blankets
- matches
- multipurpose, dry-chemical fire extinguisher
- first aid kit and instruction manual
- flashlight or battery-powered lantern
- battery-powered radio
- battery-powered clock or watch
- extra batteries
- non-electric can opener
- snow shovel
- rock salt
- special needs items (diapers, hearing aid batteries, medications, etc.)



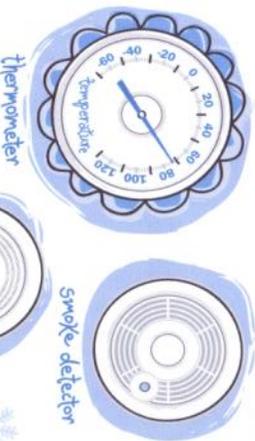
Prepare Your Home for Winter

Although periods of extreme cold cannot always be predicted far in advance, weather forecasts can sometimes provide you with several days' notice. Listen to weather forecasts regularly, and check your emergency supplies whenever a period of extreme cold is predicted.

If you plan to use a fireplace or wood stove for emergency heating, have your chimney or flue inspected each year. Ask your local fire department to recommend an inspector, or find one in the yellow pages of your telephone directory under "chimney cleaning."

Also, if you'll be using a fireplace, wood stove, or kerosene heater, install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly, and replace batteries twice yearly.

Your ability to feel a change in temperature decreases with age, and older people are more susceptible to health problems caused by cold. If you are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently, and check the temperature of your home often during the winter months.



thermometer

smoke detector

carbon monoxide detector

Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze. To the extent possible, weatherproof your home by adding weatherstripping, insulation, insulated doors and storm windows, or thermal-pane windows.

If you have pets, bring them indoors. If you cannot bring them inside, provide adequate shelter to keep them warm and make sure that they have access to unfrozen water.

Winter Pet Safety

Brrr—it's cold outside! The following guidelines will help you protect your companion animals when the mercury dips.

1. Keep your cat inside. Outdoor cats can freeze, become lost or be stolen, injured or killed. Cats who are allowed to stray are exposed to infectious diseases, including rabies, from other cats, dogs and wildlife.
2. During the winter, outdoor cats sometimes sleep under the hoods of cars. When the motor is started, the car can be injured or killed by the fan belt. If there are outdoor cats in your area, hang burlap on the car hood before starting the engine to give the cat a chance to escape.
3. Never let your dog off the leash on snow or ice, especially during a snowstorm; dogs can lose their scent and easily become lost. Many dogs are lost during the winter than during any other season, so make sure yours always wears ID tags.
4. Thoroughly wipe off your dog's legs and stomach when he comes in out of the sleet, snow or ice. He can ingest salt, antifreeze or other potentially dangerous chemicals while licking his paws, and his paw pads may also bleed from snow or encrusted ice.
5. Never shave your dog down to the skin in winter, as a longer coat will provide more warmth. When you bathe your dog in the colder months, be sure to completely dry him before taking him out for a walk. On a short-haired breed? Consider getting him a coat or sweater with a high collar or turtleneck with coverage from the base of the tail to the belly.
6. Never leave your dog or cat alone in a car during cold weather. A car can act as a refrigerator in the winter, holding in the cold and causing the animal to freeze to death.
7. Puppies do not tolerate the cold as well as adult dogs, and may be difficult to housebreak during the winter. If your puppy appears to be sensitive to the weather, you may opt to paper-train him inside.
8. Does your dog spend a lot of time engaged in outdoor activities? Increase his supply of food, particularly protein, to keep him, and his fur, in tip-top shape.
9. Like coolant, antifreeze is a lethal poison for dogs and cats. Be sure to thoroughly clean up any spills from your vehicles, and consider using products that contain propylene glycol rather than ethylene glycol. Visit the ASPCA Animal Poison Control Center for more information.
10. Make sure your companion animal has a warm place to sleep, off the floor and away from all drafts. A cozy dog or cat bed with a warm blanket or pillow is perfect.



National Pet 22 Keep Pets Safe In Winter Day Sign-Up ASPCA

Prepare Your Car for Winter

You can avoid many dangerous winter travel problems by planning ahead. Have maintenance service on your vehicle as often as the manufacturer recommends. In addition, every fall:

- Have the radiator system serviced, or check the antifreeze level yourself with an antifreeze tester.
- Add antifreeze, as needed.
- Replace windshield-wiper fluid with a wintertime mixture.
- Replace any worn tires, and check the air pressure in the tires.

During winter, keep the gas tank near full to help avoid ice in the tank and fuel lines.



Winter Survival Kit for Your Car

Equip your car with these items:

- blankets
- first aid kit
- a can and waterproof matches (to melt snow for water)
- windshield scraper
- booster cables
- road nups
- mobile phone
- compass
- tool kit
- paper towels
- bag of sand or cat litter (to pour on ice or snow for added traction)
- tow rope
- tire chains (in areas with heavy snow)
- collapsible shovel
- container of water and high-calorie canned or dried foods
- container of water and a can opener
- flashlight and extra batteries
- canned compressed air with sealant (for emergency tire repair)
- brightly colored cloth



▶ 20.5% of Wisconsin youth reported taking a prescription drug not prescribed for them, such as Oxy-Contin, one or more times. (2009 Wisconsin Youth Risk Behavior Survey)

▶ In 2009, teen births represented 5% of births to Caucasians, 21% of births to African Americans, 17% of births to American Indians, 15% of births to Hispanics, 14% of births to Latinos or Hispanic, and 3% of births to "other Asians."



▶ In the State of Wisconsin, 21 new cases of HIV for ages 15-19 years old were REPORTED in 2010. (Compare the total number of REPORTED HIV cases infected with HIV to 240 WISCONSIN ADULTS FRODO BAGGINS)

PROMOTING HEALTHY YOUTH ACTIVITIES TO EMPOWER LEADERS OF TODAY AND TOMORROW

The Red Cliff Community Health Center is committed to offering programs to empower our youth and assist them in making healthy choices as they walk the road to adulthood.

Natives With Knowledge

On October 28, 2011 Jennifer Bouley, Red Cliff Clinic Tribal Asset/Cops Member and Liz Marcoux, Community Health Nurse Administrator brought a group of eight youth to the Harriet Ship in Duluth, MN. It was a great time filled with laughter and screams - very fitting for the Halloween season.

This event marked the effort to breathe new life into the Natives With Knowledge HIV/STI Prevention Peer Mentoring youth group. Natives With Knowledge originated as a youth peer mentoring group established in the late 1990s/early 2000s. It was sponsored by a grant administered by the Great Lakes Inter-Tribal Council (GLITC). Clinic staff are working hard to breathe new life into this valuable effort and identify a group of young "Health Ambassadors" for the Red Cliff Band of Lake Superior Ojibwe.



Our goal, made possible by a HIV Prevention grant from the State of Wisconsin is to once again educate key youth in the area of communicable disease prevention as well as incorporating AODA reduction and teen pregnancy prevention efforts.

For more information please contact Jennifer Bouley at 715.779.3707 ext 268.

Coin of Underage Drinking by Province, Wisconsin 2007

Province	Total Coins (in millions)
Yale, Vt.	570.7
Vermont, N.H.	511.3
R.I., N.J., Pa., N.Y., Ill., Ind.	588.5
West Virginia	548.6
North Carolina	545.8
Massachusetts, New Jersey	493.8
Pa., Del., Maryland, N.C., Va., D.C.	416.2
West Virginia, Tennessee	351.9
Mont.	313.8/4

YOUTH TREND WATCH

Underage drinking is widespread in Wisconsin. Approximately 293,000 underage youth in Wisconsin drink each year. In 2007, according to self-reports by Wisconsin students in grades 9-12:

- 78% had at least one drink of alcohol on one or more days during their life.
- 24% had their first drink of alcohol, other than a few sips, before age 13.
- 49% had at least one drink of alcohol on one or more occasions in the past 30 days.
- 32% had five or more drinks of alcohol in a row (i.e. binge drinking) in the past 30 days.

In 2007, underage drinkers consumed 15.0% of all alcohol sold in Wisconsin, totaling \$355 million in sales. These sales provided profits of \$272 million to the alcohol industry.

-Excerpt from Safe Youth: <http://safeyouth.org>

RED CLIFF BAND OF LAKE SUPERIOR OJIBWE

Community Health Center



Clinic Spirit Pole

On October 19, 2011 the Clinic staff and community members gathered to witness the raising of a Spirit Pole for the Red Cliff Community Health Center. Leonard

Jennifer Bouley worked together to make this aspect of our traditional teachings available to all community members who frequent the Red Cliff Community Health Center.

Community members are invited to use the spirit pole to assist them along in their life's journey. The pole is located on the east lawn (left of the main entrance) by the garden beds. All you need is a bit of *asemna* (tobacco) and your prayer. When you are finished you can offer the asemna to *mihsomias* (the grandfather rock) that sits at the base of the pole. In this way your prayer will be delivered to the proper place.

Moose conducted the ceremony. It was a beautiful moment and speaks to the visionary minds of clinic administration. The raising of the spirit pole is another step towards combining traditional Anishnabe healing techniques with western medicine.

Community members are invited to use the spirit pole to assist them along in their life's journey. The pole is located on the east lawn (left of the main entrance) by the garden beds. All you need is a bit of *asemna* (tobacco) and your prayer. When you are finished you

The Spirit Pole is here to offer its protection and guidance for all Red Cliff community members.

Carolyn Gouge and

you are finished you

Chi Miteewech to Reggie Cadotte, Bitich Kuepfer, and all clinic staff who contributed to and participated in this wonderful gathering.

Spirit Pole Teachings

Leonard Moose was passed *asemna* to help us with the spirit pole. When he accepted he gave us instructions and some valuable teachings. We would like to share these with the community in the spirit of our Seven Teachings and *Mino Bimadiziwin*.

The pole is made from a *Mochikewagan* or Tamarack tree. It was marked on the east side before it was felled so the tree can continue to face the East when it is placed back in the ground. The pole is adorned with an eagle feather along with a large red tobacco tie. In addition eight colored ribbons are placed on the pole:

Red: Yellow, White, and Black for the four (4) races.
Purple for *Giwedin* (North Wind), Green for *Ait* (Mother Earth), Blue for *Mineadziwin* (the Sun), (West Wind) and Gold for *Gizwa* (the Star).
We are honored to have received these teachings and pass them along to our fellow community members.



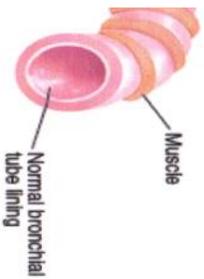
- Ojibwemowin**
- *Aamoss* (at my feet): Tobacco
 - *Aashkoo* (my shoe/sock): Ojibwe
 - *Chikidjigwan* (take my pouch): Bear Pelt
 - *Asho* (thank you): (Address the air at the top): The Good Life
 - *Manidjigwan* (walk my path): Star and Tree
 - *Onkash* (my way/shirt): Star and Tree
 - *Shogash* (my blanket): (No gift but an honor gift): Bear Pelt
 - *Chish* (my hat): Star

Asthma 101

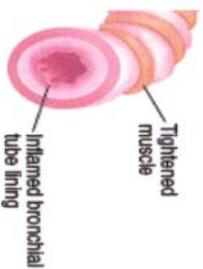
Bethany Weinert, MD

What is it?

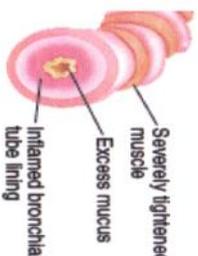
Asthma makes lung airways **inflamed** (swollen and red). The muscles around the airways **tighten**, making the airways smaller, too. **Mucus** is made, which can plug the airways. The airways become smaller, making it harder for air to move in and out. Lots of things can bother the lungs and make the airways even more swollen. When this happens we call it an asthma flare or exacerbation.



Normal Airway



Uncontrolled Asthma



Flare Up

What are the symptoms of asthma?

People who have asthma may notice that they **cough** a lot (especially at nighttime), or make a whistling sound in their chest called **wheezing**. The chest may feel **tight**. It can make you feel **short of breath**.

What can trigger asthma?

Each person may have different triggers for their asthma. Common triggers include:

1. smoke
2. colds or the flu
3. strong smells or chemicals
4. weather: wind, cold air, humidity
5. allergies: dogs, cats, birds, pollen, weeds, trees, dust mites, cockroaches, or mold
6. air pollution
7. exercise or sports

What do I do?

Talk to your doctor about your breathing. Tell them about cough, wheeze, shortness of breath, chest tightness, and if you are having any symptoms at night or with play.

Your doctor may want you to try a medication. Some medications you take every day to *prevent* symptoms, we call them “*controllers*”. Other medications are taken as “*rescue*” when you are starting to have symptoms.

Controllers: Advair, Flovent, Singulair, Pulmicort

Rescue: Albuterol, ProAir, Xopenex, Ventolin

Also, there is a lot that you can do to decrease triggers:

1. **Smoke** – the best thing that you can do is quit smoking, and while you are working on this, make sure to smoke outside of the home and car to protect others who may have asthma
2. **Cold or flu** – get a flu shot every year and wash your hands well
3. **Scents and chemicals** – use unscented soaps and cleaning products, don't use perfume or air fresheners
4. **Weather** – dress appropriately for the weather and take your controller if your doctor gave you one
5. **Allergies** –
 - a. Dust mites – wash bedding in hot water and vacuum weekly
 - b. Animals or birds – find your pet a new home. If you are unable to, at least keep the pet outside or out of your bedroom, and bathe the pet weekly if possible.
 - c. Mold – fix any leaks, use dehumidifier
 - d. Pollen – your doctor may give you an allergy medication
6. **Sports** – take your rescue medication 15-20 minutes before activity and give yourself a good warm-up

Symptoms that mean you need to go to the Emergency Room or call 911:

1. Breathing hard and fast
2. Skin and muscle pulling in between ribs (retractions), you may also see skin and muscle pulling in the throat (tugging). This may be easier to see in small children.
3. Unable to walk or talk
4. Lips or fingers turning blue



Color the healthy lungs green and the narrowed (asthma) lungs red.



**Have a Safe
and
Happy Holiday Season!
From the
Red Cliff Community Health Center Staff**

CLINIC HOURS

CLINIC: 715-779-3707

Monday - Friday

8:00am to 4:30pm

PHARMACY: 715-779-3157

Monday - Friday

9:00am to 12:00pm &

1:00pm to 4:00pm

OPTICAL: 715-779-3707

Mondays & Wednesdays

1:00pm to 4:00pm

DENTAL: 715-779-3096

Monday - Friday

8:00am to 4:30pm

Call for an appointment!



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