

Red Cliff Community Health Center

May 2015 Newsletter



Waabigwanii-giizis Flower Moon



The Legend of the Birch Tree



Long ago and not far away, a boy was born into a nice family. Before he could walk, a ceremony was held in his honor, a naming ceremony. He was given the name Wiigwaas. Wiigwaas was given many gifts from the creator. One of those gifts was to help others in a good way. He not only helped his father hunt and fish, he also helped his mother pick wild berries and tend the garden. He helped the elderly not only in his village, but in other villages. He would help make canoes and houses.



One day, when he became a young man, he had to go to battle. In this battle he lost his life. His brothers brought his body home and buried him, after they held a farewell ceremony. He was buried in pure white buckskin on a hill just beyond his village. The following spring his people noticed that a little tree began to grow at the site of his grave. As this tree grew tall a dream came to the father of Wiigwaas. In this dream he was told that Wiigwaas was still able to help his people and the dream showed him how.

In the springtime you can take the sweet sap from him and you can make syrup. You can peel the bark off



to fashion food containers for keeping food and eating. You can make canoes and you can use the bark to make lodges. You can make boxes and baskets. From the strong wood you can make daabaagan, sleighs and lodges. You can make fires, so the people can keep warm and cook food. So, even in his death, Wiigwaasi is still helping his people.

Source: <http://www.anishinaabemdaa.com/legend-2eng.htm> (Click on link on page for Anishinaabemowin translation - Little River Band of Ottawa)

May is American Stroke Awareness Month



Despite the tremendous toll stroke takes, the vast majority of Americans do not think of stroke as a major health concern. And one in three Americans is unable to identify all the F.A.S.T. stroke warning signs.

We need to make more people aware that stroke threatens millions of American lives, young and old, male and female, from every background. At the same time, stroke is largely preventable, treatable and beatable.

American Stroke Month is an annual opportunity to get the word out. Each May, the American Heart Association/American Stroke Association recognizes American Stroke Month by rallying the nation around the cause because together we can end stroke.

National Stroke Awareness Month

Think ahead to reduce the risk of stroke

Stroke risk factors

- High blood pressure
- Heavy alcohol use
- High cholesterol
- Physical inactivity and obesity
- Heart disease
- Atrial fibrillation (irregular heartbeat)
- Diabetes
- Family history of stroke
- Smoking

Be alert to protect loved ones Stroke symptoms may include

- Sudden severe headache without known cause
- Sudden weakness or numbness, sometimes on one side of the body
- Sudden dizziness, difficulty walking, or loss of balance/coordination
- Sudden confusion and trouble speaking or understanding
- Sudden trouble seeing in one or both eyes Every minute counts—ACT F.A.S.T!

Time is of the essence Stroke is a serious emergency and can strike at any time.

The Face, Arms, Speech, Time (F.A.S.T.) test can help community members identify the warning signs of stroke.



**THIS WOMAN IS HAVING
A **STROKE****

ACT **F A S T CALL 911**

**The sooner you call 911, the better the
chance of recovery.**

Any one of these signs could mean a stroke:

			
F A S T	A R M	S P E E C H	T I M E
Look for an uneven smile	Check if one arm is weak	Listen for slurred speech	Call 911 at the first sign

Visit **StrokeCall911.com**

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Brought to you by
HOSPITAL LOGO
A leader in providing quality stroke care

RED CLIFF PHARMACY

Cool Blue numbered pagers are used in our pharmacy.



- Ensures your privacy when dispensing medication. Other patients in the lobby will not know who is receiving the medication.
- When you present to the pharmacy you will check in at the '**Intake window**'. A tech there will give you a pager.
- When your prescription is ready for pick up your pager will light up and buzz. You may then come to the '**Pick up window**' where the pharmacist will dispense your medication to you.
- Please place the pager in the green basket labeled '**Please return pager to basket**'.
- We disinfect each pager after every use for your protection.
- They are not given out in numerical order, so they will not be buzzed in numerical order.
- After an appointment with a Red Cliff Provider please check in at the pharmacy **Intake Window** to get a pager if you are going to be waiting for your prescription.
- If you happen to accidentally take a buzzer home, please return it to the pharmacy at your earliest convenience!

Red Cliff Pharmacy Pager Tips

- ◆ **CAUTION: Do not stare at the 'Cool Blue' side of the pager.** When it lights up it is very bright.
- ◆ **Do not bring it into the restroom with you.** If you need to leave the lobby please return it to the pharmacy.
- ◆ **Do not set it down on a hard surface** (like a table or the arm of a chair) because when it buzzes it will be very loud and may startle you.



Caretakers of the medicine, protectors of your health





Red Cliff Community Health Center + Bayfield County Health Department + Red Cliff Tribal Court + Bayfield County Court + Red Cliff AODA + Bayfield AODA + Red Cliff Early Childhood Center + Bayfield School + Red Cliff Law Enforcement + Bayfield County Sheriff's Department + City of Bayfield Police Department + Red Cliff Family Services + Red Cliff Human Services

AODA Reduction Team

May 2015

Dear Parents/Guardians and Community Members:

It's that time of year again! Congratulations to the graduating Class of 2015 and every person who helped them along the way! Graduation is an important milestone; the closing of one chapter and the beginning of another. It is also a time to celebrate and honor the accomplishments of our young people. It is our hope that all celebrations will be remembered forever as a very positive experience for everyone.

The purpose of this letter is to remind you that when alcohol is introduced as refreshment at graduation parties or any party, a variety of negative consequences can result.

Under Wisconsin law, unless accompanied by a parent, legal guardian or spouse who has attained the legal drinking age, no person under the age of 21 may possess or consume alcohol.

Buying a keg of beer or otherwise providing alcohol for teens at a high school graduation party is illegal and invites young people to drink illegally. If adults provide alcohol to persons under the age of 21, they are subjecting themselves to the potential for very serious civil and criminal liability:

- ⇒ A civil forfeiture of up to \$500.00 may be imposed for simply providing alcohol to a person under the age of 21.
- ⇒ If anyone provides alcohol to a person under the age of 18 and the underage person dies or suffers great bodily harm as a result of consuming the alcohol provided, the person who provided it may be charged with a felony criminal offense.
- ⇒ If anyone knowingly provides alcohol to a person under the age of 21, and the alcohol provided is a substantial factor in causing injury to a 3rd party, the person providing the alcohol is subject to civil liability for damages to the injured 3rd party.

It is important to keep in mind these consequences are over and above the unnecessary pain and suffering which occurs whenever someone is injured – or worse, as a result of underage drinking.

We care about the welfare of you and your teens. We want all of you to enjoy your graduation celebrations. The negative consequences outlined above are easily avoidable. We encourage all parents and party hosts to NOT make alcoholic beverages available to any youth under the age of 21 years at graduation parties or any parties. For more information please visit the Drug Free Action Alliance website and view the Parents Who Host Lose the Most campaign:

<http://drugfreeactionalliance.org/parents-who-host>

Respectfully,

Red Cliff AODA Reduction Team Members

Love Yourself, Honor Your Success, Respect Your Future

Red Cliff



Red Cliff Community Health Center + Bayfield County Health Department + Red Cliff Tribal Court + Bayfield County Court + Red Cliff AODA + Bayfield AODA + Red Cliff Early Childhood Center + Bayfield School + Memorial Medical Center Behavior Health + Red Cliff Family Services + Red Cliff Human Services + Tribal AmeriCorps

AODA Reduction Team

FREQUENTLY ASKED QUESTIONS FROM GRADUATING SENIORS ABOUT SAFE & SOBER GRADUATION

Question: What is Safe & Sober Graduation?

Answer: Safe And Sober Graduation was spurred by the tragic loss of a community member and implemented in the 2007-2008 school year. Safe And Sober Graduation was initiated by the First American Prevention Center's AODA Reduction Team/Coalition. The Red Cliff AODA Reduction Team/Coalition has faithfully met every month for the past 13 years. The 2015 graduation class will mark the 7th annual Safe And Sober Graduation coordinated by the Red Cliff AODA Reduction Team/Coalition.

Q: What do I have to do to be a Safe & Sober Graduate?

A: You will be asked to sign a pledge committing not to drink or do drugs, or drive while drinking or doing drugs, or ride in a car with some one who is drinking or doing drugs on graduation night.

Q: Can alcohol be served at my graduation party?

A: It is an individual parent choice to offer alcoholic beverages for anyone aged 21 or over. It is our hope parents would choose not to serve alcoholic beverages during their child's graduation party, but we respect their decision to do so.

Q: What do I get for being a Safe & Sober Graduate?

A: A graduate who signs the Safe and Sober Pledge will receive an honor chord symbolizing their Safe And Sober Pledge and commitment to celebrating graduation without the use of drugs or alcohol. Seniors signing the pledge will also receive Safe And Sober yard signs and receive a copy of their signed pledge. In addition, those who sign the pledge will have the opportunity to enter a writing contest with scholarships ranging up to \$1,000!

Love Yourself. Honor Your Success. Respect Your Future

Underage Drinking in Wisconsin

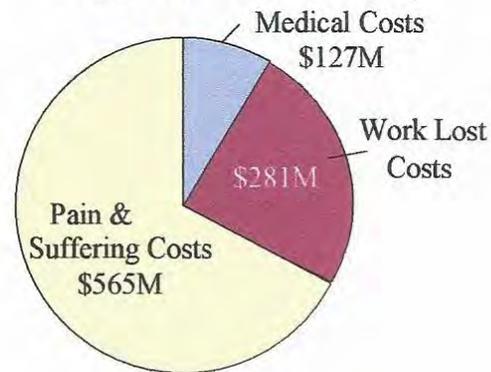
The Facts

Tragic health, social, and economic problems result from the use of alcohol by youth. Underage drinking is a causal factor in a host of serious problems, including homicide, suicide, traumatic injury, drowning, burns, violent and property crime, high risk sex, fetal alcohol syndrome, alcohol poisoning, and need for treatment for alcohol abuse and dependence.

Problems and Costs Associated with Underage Drinking in Wisconsin

Underage drinking cost the citizens of Wisconsin \$1.0 billion in 2010. These costs include medical care, work loss, and pain and suffering associated with the multiple problems resulting from the use of alcohol by youth.¹ This translates to a cost of \$1,720 per year for each youth in the State or \$2.42 per drink consumed underage. Excluding pain and suffering from these costs, the direct costs of underage drinking incurred through medical care and loss of work cost Wisconsin \$408 million each year or \$1.01 per drink. In contrast, a drink in Wisconsin retails for \$1.12.

Costs of Underage Drinking Wisconsin, 2010 \$



Total: \$1.0 billion

Costs of Underage Drinking by Problem, Wisconsin, 2010 \$

Problem	Total Costs (in millions)
Youth Violence	\$442.0
Youth Traffic Crashes	\$255.0
High-Risk Sex, Ages 14-20	\$81.6
Youth Property Crime	\$78.9
Youth Injury	\$31.6
Poisonings and Psychoses	\$12.7
FAS Among Mothers Age 15-20	\$21.8
Youth Alcohol Treatment	\$49.5
Total	\$973.1

Youth violence (homicide, suicide, aggravated assault) and traffic crashes attributable to alcohol use by underage youth in Wisconsin represent the largest costs for the State. However, a host of other problems contribute substantially to the overall cost. Among teen mothers, fetal alcohol syndrome (FAS) alone costs Wisconsin \$22 million.

Young people who begin drinking before age 15 are four times more

likely to develop alcohol dependence and are two and a half times more likely to become abusers of alcohol than those who begin drinking at age 21.² In 2009, 1,240 youth 12- 20 years old were admitted for alcohol treatment in Wisconsin, accounting for 6% of all treatment admissions for alcohol abuse in the state.³

Alcohol Consumption by Youth in Wisconsin

Underage drinking is widespread in Wisconsin. Approximately 252,000 underage customers in Wisconsin drink each year. In 2009, Wisconsin students in grades 9-12 reported: ⁴

- 74.4% had at least one drink of alcohol on one or more days during their life.
- 19.2% had their first drink of alcohol, other than a few sips, before age 13.
- 41.3% had at least one drink of alcohol on one or more occasions in the past 30 days.
- 25.2% had five or more drinks of alcohol in a row (binge drinking) in the past 30 days.
- 0.0% had at least one drink of alcohol on school property in the past 30 days.

In 2009, underage customers consumed 17.9% of all alcohol sold in Wisconsin, totaling \$450 million in sales (in 2010 dollars). These sales provided profits of \$220 million to the alcohol industry.¹ Ranking states based on the percentage of alcohol consumed underage, with 1 the highest, Wisconsin ranked number 41. This percentage is affected by both adult and youth drinking levels.

Annual sales of alcohol consumed by youth in Wisconsin averaged \$1,785 per underage customer. Underage customers were heavier consumers than adults. They drank an average of 4.4 drinks per day; in contrast, legal customers consumed only 2.1.

Harm Associated with Underage Drinking in Wisconsin

Underage drinking in Wisconsin leads to substantial harm due to traffic crashes, violent crime, property crime, unintentional injury, and risky sex.

- During 2009, an estimated 31 traffic fatalities and 1,529 nonfatal traffic injuries were attributable to driving after underage drinking.
- In 2009, an estimated 17 homicides; 10,500 nonfatal violent crimes such as rape, robbery and assault; and 29,900 property crimes including burglary, larceny, and car theft were attributable to underage drinking.
- In 2007, an estimated 5 alcohol involved fatal burns, drownings, and suicides were attributable to underage drinking.
- In 2009, an estimated 481 teen pregnancies and 15,164 teens having risky sex were attributable to underage drinking.

For comparison with other states, in US rather than state prices, the harm from underage drinking per youth in Wisconsin averages \$822. Such comparisons require caution. In part, they may reflect differences in crime and crash rates, problem-reporting to police, and co-occurring drug use.

Produced by the Pacific Institute for Research and Evaluation (PIRE) with funding from the Office of Juvenile Justice and Delinquency Prevention (OJJDP), September 2011.

¹ Levy, D.T., Miller, T.R., & Cox, K.C. (2003). Underage drinking: societal costs and seller profits. Working Paper. Calverton, MD: PIRE.

² Grant, B.F., & Dawson, D.A. (1997). Age at onset of alcohol use and its association with DSM-IV alcohol abuse and dependence: Results from the National Longitudinal Alcohol Epidemiologic Survey. *Journal of Substance Abuse* 9: 103-110.

³ Office of Applied Studies, Substance Abuse and Mental Health Services Administration. Treatment Episode Data Set. (2011). *Substance Abuse Treatment by Primary Substance of Abuse, According to Sex, Age, Race, and Ethnicity, 2009*. Available [On-line]: <http://www.icpsr.umich.edu/icpsrweb/SAMHDA/studies/30462>.

⁴ Center for Disease Control (CDC). (2011). Youth Risk Behavior Surveillance System (YRBSS). Available [On-line]: <http://apps.nccd.cdc.gov/youthonline/App/Default.aspx>.

Diabetic Neuropathy

Diabetic neuropathy, a common complication of diabetes, is nerve damage caused by diabetes. About 60 – 70% of people who have diabetes will likely develop some form of neuropathy. The risk goes up the longer you have diabetes.

While the legs, feet and hands are often affected, this complication can effect nearly every organ system in the body, including the digestive tract, the heart, lungs, eyes and reproductive organs.

The primary cause of neuropathy is prolonged high glucose levels.

There is no cure for neuropathy at this time. The main focus is bringing blood sugar levels under better control to help slow the progression of nerve damage. This is typically done with a combination of medication and life style measures, including nutrition, physical activity, weight loss and smoking cessation.

Having neuropathy can be frustrating, painful and scary. The good news, though, is that focusing on healthful food choices and overall good nutrition may help you prevent neuropathy or slow it's progression.

If you would like help with meal planning, portion sizes, carb counting or nutrition in general, we have Rebecca Crumb-Johnson, a registered dietician/certified diabetes educator from MMC that comes to the clinic one day a month.

For more information or to schedule an appointment, please call Carolyn Maunu at the Health Center at 715-779-3707 ext 2235.



Vegetable Garden Planning for Beginners

Remember this: *It's better to be proud of a small garden than to be frustrated by a big one!*

One of the common errors for beginners is planting too much too soon and way more than anybody could eat or want. Unless you want to have zucchini taking up residence in your attic, plan carefully. Start small.

The Very Basics

First, here are some very basic concepts on topics you'll want to explore further as you become a vegetable gardener extraordinaire:

- Do you have enough sun exposure? Vegetables love the sun. They need at least 6 hours of full sun every day, and preferably 8.
- Know your soil. Most soil can be enriched with compost and be fine for planting, but some soil needs more help. Vegetables must have good, loamy, well-drained soil.
- Placement is everything. Avoid planting too near a tree, which will steal nutrients and shade the garden. In addition, a garden close to the house will help to discourage wild animals from nibbling away your potential harvest.
- Decide between tilling and a raised bed. If you have poor soil or a bad back, a raised bed built with nonpressure-treated wood offers many benefits.
- Vegetables need lots of water, at least 1 inch of water a week.
- You'll need some basic planting tools. These are the essentials: spade, garden fork, soaking hose, hoe, hand weeder, and wheelbarrow (or bucket) for moving around mulch or soil. Study those seed catalogs and order early or come to Mino Bii Maa De Se Win Farm for seeds and plants.
- Check your frost dates. In Red Cliff, that is usually around the end of May.

Suggested Plants for 11 Rows

The vegetables suggested below are common, productive plants but you'll also want to contract the Farm to find out what plants grow best in your local area. Think about what you like to eat as well as what's difficult to find in a grocery store or farmers' market.

Tomatoes—5 plants staked

Zucchini squash—4 plants

Peppers—6 plants

Cabbage

Bush beans

Lettuce, leaf and/or Bibb

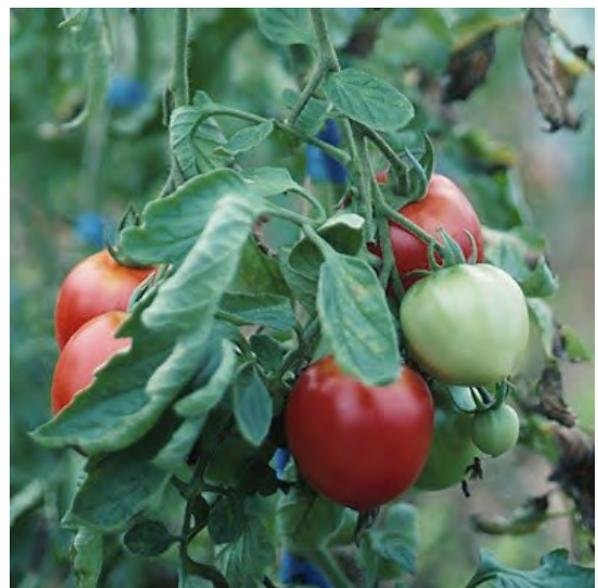
Beets

Carrots

Chard

Radishes

Marigolds to discourage rabbits!



This table shows how deep and far apart to plant your seeds.

The Food Project

Seed Information Chart

Crop	Seed Depth (inches)	Spacing (plants/square)	Hardiness	Ideal Soil Temperature	Number weeks Seed to Harvest	Number of Years seeds store	Full Sun (6+ hours) or Partial Sun (4-6 hours)
Beans, bush	1	9	T	70-85	8	2-3	Full
Beans, pole	1	8	T	70-85	8	2-3	Full
Beets	1/2	9-16	H	65-85	8	3-5	Partial
Broccoli	1/4	1	MH	65-85	16	3-5	Full
Cabbage	1/4	1	MH	65-85	16	3-5	Full
Carrots	1/2	16	H	65-85	10	2-3	Partial
Cauliflower	1/4	1	MH	65-85	14	3-5	Partial
Swiss Chard	1/2	4	H	65-85	8	3-5	Partial
Corn	1	1	T	70-90	9-13	2-3	Full
Cucumbers	1/2	2	VT	75-95	9	5-10	Partial
Eggplant	1/4	1	VT	75-85	19	2-3	Full
Kale/Collards	1/4	1	VH	65-85	8	3-5	Partial
Lettuce	1/8	4	H	50-75	7	2-3	Partial
Melons	1/2	1	VT	80-95	12	5-10	Full
Onions	1/2	9-16	MH	60-85	20	1	Partial
Parsley	1/4	4	VH	50-85	14	2-3	Partial
Peas, Bush	3/4	8	H	65-85	10	2-3	Partial
Peas, Climbing	3/4	12	H	65-85	10	2-3	Partial
Peppers	1/4	1	VT	75-85	19	2-3	Full
Radishes	1/2	16	H	60-85	4	3-5	Partial
Spinach	1/2	9	VH	60-80	7	2-3	Partial
Summer Squash, vine	1	3 per 1'x4' block	T	70-90	8	2-5	Full
Summer Squash, bush	1	1 per 3'x3' space	T	70-90	8	2-5	Full
Winter Squash	1	1 per 1'x4' block	T	70-90	12	2-5	Partial
Tomatoes, Bush	1/2	4 per 4'x4' block	T	68-80	17	5-10	Full
Tomatoes, Vine	1/2	1	T	68-80	17	5-10	Full

KEY

VT	Very Tender	can be damaged by temperatures under 40 degrees
T	Tender	will not survive frost
MH	Moderately Hardy	survives light frost
H	Hardy	survives frost, generally to low 20s
VH	Very Hardy	will 'winter over' if protected



HEALTHY EATING

Recommended Daily Allowances of Fats, Sugars, Sodium for Adults

by Jessica Brusio, Demand Media



Fast food meals often contain excess fat, salt and sugar.

Although foods that are high in sugar, fat or salt often taste really good, they are not good for you. There is no set recommended dietary allowances for fat, sugars and sodium since these guidelines, which tell you the minimum amount of a nutrient you should consume, are only set for vitamins and minerals that have an established minimum amount necessary for good health. However, the 2010 Dietary Guidelines for Americans recommends limiting foods high in these ingredients, as they increase the risk for serious health conditions and often take the place of more nutritious foods.

Fats

While some fat is necessary for good health, the type of fat you consume is important. Omega-3 fats and omega-6 fats are essential, since your body can't make them, and other unsaturated fats can also be healthy as long as you stick to the recommended total fat consumption of between 20 percent and 35 percent of your calories. The Dietary Guidelines for Americans also recommends you limit unhealthy saturated fats, which increase your risk for type 2 diabetes and heart disease, to no more than 7 percent to 10 percent of your calories. The least healthy type of fat is trans fats, which increase your LDL, or bad cholesterol, while decreasing your HDL, or good cholesterol, making it more likely you will suffer from heart disease. Get no more than 1 percent of your calories from trans fats, found mainly in foods containing hydrogenated oil, recommends the American Heart Association.

Sugars

Sugars occur naturally in some foods, including fruit and milk. However, most of the sugar you consume is added sugar, which provides no essential vitamins or minerals, just calories. Added sugars may increase your risk for weight gain, tooth decay and high triglycerides, which may make you more likely to get heart disease. Limit added sugars to no more than 6 teaspoons or 100 calories for women and 9 teaspoons or 150 calories for men, recommends the American Heart Association.

Sodium

As with fat, you do need some sodium to be healthy, but most people consume way more than they need. Consuming too much sodium increases your risk for high blood pressure, stroke, kidney damage and heart disease, so limit your sodium intake to no more than 2,300 milligrams per day, or 1,500 milligrams per day if you are African-American, over 51 or have kidney disease, high blood pressure or diabetes, recommends the 2010 Dietary Guidelines for Americans.

Considerations

Processed foods are a major source of added fat, added sugar and salt. Eating mainly whole foods and foods you cook from scratch helps you control how much of these ingredients you are consuming. **Check nutrition labels to find the options for processed foods that are lowest in fat, saturated fat, trans fats, sugar and salt.**

Reading the labels on food packages help us to determine how healthy they are.

APPENDIX 4. USING THE FOOD LABEL TO TRACK CALORIES, NUTRIENTS, AND INGREDIENTS

The Nutrition Facts label and the ingredients list on packages of foods and beverages are useful tools that can help consumers learn about what is in foods and beverages (Figure A4-1). Food labeling can help consumers evaluate and compare the nutritional content and/or the ingredients in foods and beverages. This can help them identify the calorie and nutrient content of a food and select foods with higher or lower amounts of certain nutrients that fit within an overall healthy eating pattern.

NUTRITION FACTS LABEL

The Nutrition Facts label provides the number of calories that are in a serving of food and the number of servings that are in a package (e.g., can or box). This information can be used to determine how many calories are being consumed from one serving, or from that portion eaten if it is more or less than one serving. For example, if a package contains two servings and the entire package is consumed, then twice the calories and nutrients listed in the Nutrition Facts label are being consumed.

The Nutrition Facts label also provides information on the amount (i.e., grams [g] or milligrams [mg]) per serving of dietary fiber, as well as the amount of certain nutrients that should be limited in the diet, including saturated fat, *trans* fat, cholesterol, and sodium. It is mandatory for this information to be provided on the Nutrition Facts label.

The label also provides the percent Daily Value for these nutrients (except *trans* fat and sugars) and several shortfall nutrients, including dietary fiber and calcium. The Daily Value is based on a reference intake level that should be consumed or should not be exceeded. The percent Daily Value can be used to determine whether a serving of a food contributes a lot or a little of a particular nutrient and provides information on how a serving of the food fits in the context of a total daily diet. The higher the percent Daily Value, the more that serving of food contributes to an individual's intake of a specific nutrient. Foods that are "low" in a nutrient generally contain less than 5 percent of the Daily Value. Foods that are a "good" source of a nutrient generally contain 10 to 19 percent of the Daily Value per serving. Foods that are "high" or "rich" in or are an "excellent" source of a nutrient generally contain 20 percent or more of the Daily Value per serving.

The footnote at the bottom of the Nutrition Facts label provides the Daily Values for total fat, saturated fat, cholesterol, sodium, total carbohydrate, and fiber, based on a 2,000 or 2,500 calorie diet. The Daily Value for these nutrients, other than cholesterol and sodium, would be higher or lower depending on an individual's calorie needs (e.g., the lower one's calorie needs, the lower the Daily Value for the particular nutrients).

FIGURE A4-1. The Nutrition Facts Label and Ingredients List of a Granola Bar

Nutrition Facts	
Serving Size 1 Bar (40g)	
Amount Per Serving	
Calories 170	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 5g	
Vitamin A 2%	Vitamin C 2%
Calcium 20%	Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate:	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Check Calories

Limit These Nutrients

Get Enough of These Nutrients

Footnote

Ingredients
Granola Bar (Brown Rice Syrup, Granola [rolled oats, honey, canola oil], Dry Roasted Peanuts, Soy Crisps [soy protein isolate, rice flour, malt extract, calcium carbonate], Crisp Brown Rice [organic brown rice flour, evaporated cane juice, molasses, rice bran extract, sea salt], Glycerine, Peanut Butter [ground dry roasted peanuts], Inulin, Whey Protein Isolate, Gold Flax Seeds, Quinoa Flakes, Calcium Carbonate, Salt, Natural Flavors, Water, Soy Lecithin [an emulsifier]), Dark Compound Coating (evaporated cane juice, palm kernel oil, cocoa [processed with alkali], palm oil, soy lecithin [an emulsifier]).

SEED LIBRARY

**The Red Cliff Community Seed Library is now open at the
Red Cliff Community Health Center!**

The Seed Library is located in the front lobby of the clinic. It is a self-serve system—just pick out the seeds you would like and write the date, your name and how many seed packets you checked out on the sign-out list. Then, in the late summer/fall, collect seeds from the plants you have grown. Save some for yourself to plant next year and bring some back to share with your neighbors through the Seed Library!

Instructions and help for planting and seed saving are available.

Please contact Cassie at the Health Center: 715-779-3707 Ext. 2250

Interested in planting a vegetable garden?

The Mino-Bii-Ma-De-Se-Win Farm will be holding their seed and plant giveaway around the first week of June.

Watch for the announcement - date and time to be determined.

They will also be tilling gardens in the coming weeks.

Please contact Carl Butterfield for more information or to get

on the tilling list. Call: 715-779-3782



Please leave a message if no one answers.

Red Cliff Walking Club

Sign-up: Friday May 29th 9:00am-12:00pm

Monday June 1st 1:00 -4:00pm



Sign-up includes: monitoring blood pressure, blood sugar, height, weight and goal setting!

Watch for flyers!

**For more information call Rachel or Carolyn M. at the
Red Cliff Community Health Center: 715-779-3707**

The Red Cliff Community Health Center's Zaagichigaaowin Home Visiting

SAVE THE DATE

2015

Baby Welcome

Place: Legendary Waters

Date: Wednesday, May 27

Time: 4:30 –7:30pm

~More details will follow~

Please RSVP to Jennifer Bouley 715.779.3707 ext. 2268 if you have welcomed a new baby into your family as of January 1, 2014. We will be honoring all families with new babies born on or after January 1, 2014. Your RSVP will help us to ensure we have enough gifts for all our new families. More details to follow. Miigwech!



MAY



2015

Waabigwanii-gizis



SUN	MON	TUE	WED	THU	FRI	SAT
						
3	4 WIC Pick up all day 1-4pm Optical	5 WIC Pick up all day	6 WIC Pick up and Clinic all day	7	8 WIC Clinic all day	9
10	11 WIC Pick up all day 1-4pm Optical	12 WIC Pick up all day	13 Indian Day Closed	14	15	16
17	18 1-4pm Optical	19	20	21	22	23
24	25 Memorial Day Closed	26	27 WIC Clinic 9:00am-12:00pm Baby Blessing	28	29 Centering 8:00am -4:30pm Walking Club Sign-up 9:00am to 12:00pm	30
						31

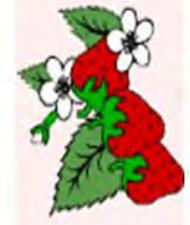


J U N E



2015

Ode' imini-giizis Strawberry Moon



SUN	MON	TUE	WED	THU	FRI	SAT
	WIC Pick up all day 1-4pm Optical Walking Club Sign-up 1-4pm	2 WIC Pick up all day	3 WIC Pick up and Clinic all day	4	5	6
7	8 WIC Pick up 1-4pm Optical	9 WIC Pick up	10 WIC Pick up and Clinic all day	11	12 WIC Clinic all day	13
14	15 1-4pm Optical	16	17 WIC Clinic 9:00am-12:00pm	18	19	20
21	22 1-4pm Optical	23	24	25	26 Centering 8:00am-4:30pm	27
28	29 1-4pm Optical	30				

