

# Red Cliff Community Health Center Newsletter

DECEMBER 2009

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## December is Safe Toys and Gifts Month

Children receive most of their toys around holiday times, but some gifts could be unsafe. According to the Consumer Product Safety Commission, in 2005 more than 200,000 toy-related injuries were reported, and nearly 8,000 of these injuries were eye injuries. Therefore, the national group, Prevent Blindness, chose December as "Safe Toys and Gifts Month." Learn how to purchase safe products for the children in your life.

1. Keep the child's age in mind when purchasing gifts and consider their maturity level. Read the age recommendations and any warnings on the packaging and abide by them.
2. Select toys that are well constructed and meet the American Society for Testing and Material (ASTM) approval. You will see a label on the package if the item meets these standards.
3. Refrain from purchasing any items with sharp objects or edges. Likewise, you should pass on buying toy guns or toys where parts fly off.

4. Test all small toys or parts of toys to ensure they are not choking hazards. Take a toilet paper roll and place the toy inside: if it fits it should be taken away from any child under 3 years of age. Older sibling's toys should also be stored, and played with, away from younger children.



5. Provide proper safety equipment when giving sporting goods and make sure the child uses it when playing. This gear should include helmets, facemasks and eye protection.
6. Check for recalls on both new and old toys. You can access recall information on the Safe Kids USA or the Consumer

Product Safety Commissions websites. Both websites also offer email alerts that warn of new recalled products.

7. Explain the proper way to use each toy given to the child and inspect them often to ensure that nothing is broken or loose. Remove any toy that is broken until it is properly fixed or discard if it is unfixable.
8. Supervise playtime to ensure that your child is using toys in the correct manner. This supervision is especially important for craft supplies such as scissors, glue and pencils.





Red Cliff Community Health Center  
will be  
hosting a  
**H1N1 MASS VACCINATION  
CLINIC**

at the Red Cliff Bingo Hall  
On December 8, 2009  
From 3:00pm to 6:00pm

The H1N1 vaccine is available to the following  
high risk groups

- All people from 6 months through 24 years of age
- Persons 25-64 years of age with conditions associated with higher risk of complications from influenza
- Pregnant women
- Persons who live with or provide care for infants age 6 months or younger (examples: parents, siblings, daycare providers)
- Healthcare and emergency medical services personnel

PLEASE BRING YOUR INSURANCE CARD, TRIBAL ID AND OR MA/MEDICARE CARD.  
FEE WILL BE WAIVED FOR THOSE UNABLE TO PAY

We expect that the Wisconsin Department of Health Services will expand the vaccine groups in the near future. When more vaccine becomes available we will offer H1N1 vaccine to the general public.

# WHO IS ELIGIBLE FOR WIC?

Red Cliff Community Health Center

To be eligible for WIC benefits in Wisconsin, a person must meet the following requirements:

- \*be a pregnant, breastfeeding or new mother; be an infant up to age one; or be a child up to age 5; and
- \*be a resident of Wisconsin; and
- \*be income eligible and
- \*have a health or nutrition need.



If you have any questions about the above eligibility or think that you may be eligible for WIC benefits please feel free to call:

**Salena Reyes-Buffalo at the Red Cliff Community Health Center.**

**715-779-3707 ext. 233**

*"Nutrition is essential for growth and development, health, and well being.*

*Behaviors to promote health should start early in life with breastfeeding and continue through life with the development of healthful eating habits". -- Healthy People 2010, Chapter*

#### All participants receive:

- Screening for nutrition and health needs.
- Information on how to use WIC foods to improve health.
- Checks to buy foods that help keep you and your children healthy and strong.
- Referrals to doctors, dentists, and programs like Food Share, Healthy Start and Head Start.

#### Women receive:

- WIC foods.
- Information on healthy eating during pregnancy and breastfeeding.
- Breastfeeding support.

#### Infants receive:

- Breastfeeding support or infant formula.
- Immunization referrals.

Parents/caregivers receive information on taking care of babies.

#### Children receive:

WIC foods.

- Immunization referrals.
- Parents/caregivers receive information on food shopping, recipes and feeding a child.

#### Health benefits of WIC:

- Premature births reduced.
- Low birth-weight reduced.
- Long-term medical expenses reduced.

#### Food Benefits:

- Milk, eggs, cheese.
- Cereals.
- Peanut butter, dried beans and peas.
- Tuna fish.
- Carrots.
- Fruit juices.

#### Formulas and Medical Nutritionals:

- Standard contract formulas.
- Exempt (special) formulas for infants and children with special needs.
- Medical foods for children and women with special needs.

**Breastfeeding is BESTfeeding**

## National Drunk and Drugged Driving Prevention Month

Everyday, 36 people in the United States die, and approximately 700 more are injured, in motor vehicle crashes that involve an alcohol-impaired driver.

This December, during National Drunk and Drugged Driving Prevention Month (3D Month), consider what you and your community can do to make injuries and deaths from impaired driving less of a threat.

### The Problem

- According to the National Highway Traffic Safety Administration (NHTSA), about three in every ten Americans will be involved in an alcohol-related crash at some point in their lives.
- In 2006, 13,470 people died in alcohol-impaired driving crashes, accounting for nearly one-third (32%) of all traffic-related deaths in the United States.
- In one year, over 1.4 million drivers were arrested for driving under the influence of alcohol or narcotics. This accounts for less than 1% of the 159 million self-reported episodes of alcohol-impaired driv-

ers among U.S. adults each year.

- Alcohol-related crashes in the United States cost about \$51 billion a year.



### Protect Yourself and Your Family and Friends

During the holiday season, and year-round, take steps to make sure that you and everyone you celebrate with avoids driving under the influence of alcohol. Following these tips from NHTSA can help you stay safe:

- Plan ahead. Always designate a non-drinking driver before any holiday party or celebration begins.
- Take the keys. Do not let a friend drive if they are impaired.
- Be a helpful host. If you're hosting a party this holiday season, remind your guests to plan ahead and designate their sober driver,

always offer alcohol-free beverages, and make sure all of your guests leave with a sober driver.

### Know How Communities Can Help

Proven community and state-level methods of reducing alcohol-impaired driving include:

- **Sobriety checkpoints.** Studies found that fatal crashes thought to involve alcohol dropped by about 22% following implementation of sobriety checkpoints.
- **Minimum legal drinking age (MLDA) laws.** Studies found that raising the MLDA to 21 reduced crashes by about 16% among people ages 18-20 years.
- **0.08% BAC laws.** Fatal alcohol-related crashes declined about 7% after 0.08% BAC laws were passed.
- **"Zero tolerance" laws for young drivers.** Three studies found that zero tolerance laws resulted in declines in fatal crashes among drivers ages 18-20 years of between 9% and 24%.

## WIC ISSUANCE DAYS

Wednesday, December 2nd - Recertification day

Thursday, December 3rd - Early pick up

Wednesday, December 4th - Recertification day

Thursday, December 17th - Late pick up



# DECEMBER 2009 MENU

## Red Cliff Elderly Nutrition Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Menu's Are Subject To Change! All Meals Include 1% Milk, Bread &amp; Butter Portions Provide 33 1/3% of Daily Recommended Elder Allowance Congregate Meals Served From: Noon- 1pm Mon--Thurs @ The Elderly Center</p> <p>7 Breakfast Burrito Potato Crowns Banana Orange Juice Fruit Cocktail</p>	<p>1 Mashed Potato &amp; Cubed Pork Gravy Peas &amp; Carrots Spiced Apple Rings Chocolate Cake/PB Frosting</p> <p>8 Beef Tips Over Noodles Steamed Broccoli Fresh Melon Slice of Wheat Bread Chocolate Chip Cookie</p>	<p>2 Cheese Burger Sweet Potato Fries Whole Kernel Corn Pickle Spear Jell-O W/Whip Cream</p> <p>9 Venison Roast Baby Reds in Garlic Butter Steamed Cauliflower Dinner Roll Banana Pudding/Graham Cr. Crust</p>	<p>3 Hearty Bean Soup Homemade Corn Bread Ham &amp; Cheese Sandwich Plum Halves Sugar Cookie</p> <p>10 Cream of Chicken &amp; Wild Rice Soup Ground Bologna Sandwich Mandarin Oranges PB Cookie</p>
<p>14 Chicken Bacon Ranch Wrap Celery Sticks Corn Chips Apple Sauce Sugar Cookie</p>	<p>15 Ham Gravy Over Texas Toast Au Gratin Potatoes Pear Halves Green Beans Strawberry Shortcake</p>	<p>16 Tater Tot Hot Dish Pineapple Rings Baby Carrots Dinner Roll Brownie</p>	<p>17 Broccoli Cheese Soup Turkey &amp; Cheese on Wheat Lettuce &amp; Tomato Slice Jell-O W/ Whip Cream Apple</p>
<p>21 CHRISTMAS DINNER Baked Ham, Mashed Potatoes, Corn, Jellied Cranberries, Sweet Potatoes, Dinner Roll Christmas Cookie</p>	<p>22 Polish Sausage Homemade Mac &amp; Cheese Baked Beans Peaches White Cake W/ Raspberries</p>	<p>23 Beef Stew Biscuits Apple Sauce Cucumber Salad Jell-O</p>	<p>24 (Bag Lunch Sent Out 12/23)  M E R Y C H R I S T M A S - To All Our Elders &amp; Their Families!</p>
<p>28 Hard Boiled Eggs Sausage Patty English Muffin Orange Juice Banana Coffee Cake</p>	<p>29 Cheesy Chicken &amp; Rice Hot Dish Green Beans Apricot Halves Brownie</p>	<p>30 Vegetable Beef Soup Tuna &amp; Lettuce Sandwich Cherry Tomatoes Pineapple Chunks Chocolate Chip Cookie</p>	<p>31 (Bag Lunch Sent Out 12/31)  Wishing All Of You A Safe, Healthy &amp; Happy-Happy NEW YEAR!</p>

take control  
of your  
health  
and your life  
Get Tested for HIV



## Americans and HIV/AIDS

There are more than 1 million people in the United States living with HIV. One-fourth of them do not know that they are HIV-infected. Could you be one of them? The only way to know if you have HIV is to get tested.

HIV is the virus that causes AIDS, and it is hitting Americans hard. More than 40,000 Americans are infected with HIV each year.

In the United States, many more men are infected with HIV/AIDS than women. In 2005, almost three-quarters of all HIV/AIDS diagnoses were for males.

The largest number of HIV/AIDS diagnoses in 2005 were for men who have sex with men, followed by adults and teens infected through heterosexual contact.

People of color are disproportionately affected by the disease. In 2005, African Americans, who make up approximately 13 percent of the U.S. population, accounted for almost half of the estimated number of HIV/AIDS cases diagnosed. AIDS is now the leading cause of death for African American women ages 25 to 34.

From 2001 through 2005, the estimated number of AIDS cases in the United States increased among all racial and ethnic groups.

**Know Your Status. Get Tested for HIV.** If you do not know if you are infected with HIV, you could be spreading it to others. If you are HIV-positive, you must take steps to prevent passing your HIV infection to another person.

If you find out that you have HIV, it does not mean that you are going to get sick and die. While there is no cure for HIV, new drugs are available that can

help you stay healthy and decrease the amount of HIV virus in your body.

### What Is the HIV Test?

The HIV test detects whether or not you have been exposed to the HIV virus. There are several different kinds of tests: blood tests, urine tests, and an oral (mouth) test. Only a very small amount of blood is needed for the blood tests.

HIV tests can take a few days to 2 weeks for results, or with rapid HIV tests you can get results in about 20 minutes.

### Where Can I Get Tested?

Free and confidential or anonymous HIV tests are available. To find an HIV testing site near you, visit [www.hivtest.org](http://www.hivtest.org).

Or, call:

1-800-CDC-INFO (1-800-232-4636)

TTY: 1-888-232-6348

In English, en Español

Open 24 hours a day - Confidential

### What Else Can I Do?

You have the power to help stop the spread of HIV.

- ▶ **Be safe.** The best way to prevent HIV is to abstain from having sex. If you do have sex, use a new latex condom every time. Do not share needles or syringes.
- ▶ **Talk about it.** Talk about sex and HIV with your partners. Find out when they were last tested for HIV and what their status was. Be clear that you will be having safer sex...or none at all.
- ▶ **Talk to your doctor.** If you are sexually active, you should get tested for HIV at least once. Do not assume your doctor will ask you to be tested for HIV.
- ▶ **Spread the word.** Thousands of Americans are getting HIV each year. Set an example by getting tested and spreading the word that others should do the same.

For more  
information  
about HIV  
and AIDS, visit:  
[www.aids.gov](http://www.aids.gov).



**NATIONAL  
HIV TESTING  
MOBILIZATION  
CAMPAIGN**



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

## NATIONAL HANDWASHING AWARENESS WEEK (DEC. 6TH - 12TH)

By following the four principles of hand awareness, according to Henry the Hand, you will be in virtual isolation in spite of the sick people around you. Direct inoculation of your mucous membranes (eyes, nose or mouth) is how infectious diseases enter your body. Germs are located on dirty hands or by touching your eyes, nose or mouth you infect yourself with these germs.

"Germs are not wafting through the ventilation system in your home or classroom," Henry says. "Only you are responsible for giving (inoculating)

yourself the flu or flu-like illnesses."



### Henry the Hand

Join Henry the Hand as a champion hand washer following these four steps to hand awareness:

- Wash your hands when they are dirty and before eating.
- Do not cough into your hands. (cover your mouth with your forearm)
- Do not sneeze into your hands. (sneeze into a tissue or, if necessary, your forearm)
- Above all, do not put your fingers in your eyes, nose or mouth.

## Pregnancy Smoking Facts

Smoking more than half a pack a day may cause infertility or irregular menstrual cycles in women.

Pregnant women pass any chemicals they take in (from food, tobacco, alcohol and so on) to their unborn children through the placenta.

Menopause often occurs earlier in women who smoke than in women who do not.

Women who smoke during pregnancy can slow down the baby's growth by

reducing the amount of oxygen and increasing the amount of carbon monoxide that the baby receives during a critical time when its brain and nervous system are developing.

Babies born of mothers who smoke frequently during pregnancy are on the average 7 ounces lighter than other babies.

Smoking while pregnant increases the chances of spontaneous abortions (miscarriages) stillbirths and premature labor.

Women who smoke have higher risks of giving birth to babies with birth defects or abnormalities.

Mothers who smoke can pass nicotine to their children through breast milk.

In 2002, 11.4 percent of mothers smoked during pregnancy.

Infants born to mothers who smoke are more likely to develop colds, bronchitis, and other respiratory diseases such as asthma. The odds of developing asthma are twice as high among children whose

## 8 Winter Pet Care Tips

Winter is a tough time for us all, but it can be especially hard on pets. Here are a few tips for protecting your pets this winter:

- ✎ Keep pets indoors as much as possible during cold weather. Like humans, animals can get frostbite.
- ✎ If a dog stays outside for the winter, it is important to provide an insulated home. Line the floor with cedar shavings or straw to ensure warmth. Check water often to make sure it has not frozen.
- ✎ If your dog begins to shiver when you're out for a walk, bring it inside immediately.
- ✎ Trim the long hair on the bottom of

pets' feet to prevent ice balls from forming.

- ✎ Road salt and other de-icing chemicals are damaging to pets' paws, and can be hazardous if ingested; wash your pets' paws after being outdoors. Use sand or a nontoxic alternative to salt when dealing with icy sidewalks.
- ✎ Antifreeze is a poison, yet its sweet taste unfortunately attracts curious animals. Always clean any spills thoroughly. Or try a safer alternative, such as antifreeze made with propylene glycol.
- ✎ Cats and wildlife seek shelter from warmth by crawling into available

covered spaces, including vehicles. Banging on the hood of your car before starting the engine should scare out any stowaways.

- ✎ Our smaller friends, such as birds, hamsters and guinea pigs, can be chilled if their cages are kept in drafty areas. Keep cages away from doors and windows in winter.

Source: *Mother Earth News*

## **ATTENTION**

### **Tribal Veterans Services Officers**

### **Will host a:**

## **Tribal Veterans Seminar**

**Widows, Family Members, and Spouses of Veterans are Welcome**

**WHEN:** Thursday, January 14, 2010

**TIME:** 10 A.M. to 2 P.M.

**LOCATION:** Mole Lake Casino, Lodge and  
Conference Center



**Mole Lake, WI**

**All veterans, widows of veterans, spouses of veterans, and family members of veterans, whether you are still in service or out of service can:**

- **Learn about VA and Tribal partnerships**
- **Iron Mt. VA Medical Center resources and assistance**
- **Tribal Veterans Service Officer updates**
- **Community Veteran Events and LZ Lambeau**
- **Find out about additional state, local, and tribal programs**
- **Learn about Tribal Veteran's Courts**
- **Meet and talk to your local Veterans Service Officer and VA Medical Staff**
- **Help your son or daughter in service – learn what they are earning by their service to their country**

***To make a room reservation at the Mole Lake Casino, Lodge and Conference Center please call 1-877-478-5772 or 715-478-3200.***

## Blood Sugar Control Matters

Checking your blood sugar level is a key part of your diabetes plan. It's a two-part process:

1. Blood sugar testing shows your blood sugar level at the exact time of the test. Ask your doctor when and how often you need to self-test.
2. The A1C test is done at your doctor's office. It shows your average blood sugar over the past two to three months.

Testing your blood sugar tells you how well your treatment plan is working. By keeping your blood sugar close to normal levels, you can reduce the risk of

eye disease, and other diabetes complications.

Be sure to write down when your blood sugar is higher or lower than your healthy range. Share the record with your doctor.

Make sure that you know:

- Your target blood sugar levels
- When and how to test your blood sugar
- Your A1C goal and how often you need an A1C test

- How to handle very high and low blood sugar levels



## Managing Diabetes Long-Term

Type 2 diabetes is a chronic disease, which means that you have it for life. Although there's no cure, you and your doctor can work together to control your blood sugar, which can help reduce your risk for type 2 diabetes complications.

Managing type 2 diabetes over months and years can mean making changes in your treatment plan. Diet and physical activity may control your blood sugar at

first, but you may need to take medicine down the road. Over time, may need to change medicines, or add medicines, to keep your blood sugar under control. You may even need to use insulin.



Remember, you play a major role in controlling your blood sugar and helping

to prevent complications. With time, the lifestyle changes and treatments your doctor suggests can become a regular part of your routine.

Support from family, friends and your healthcare team can help you deal with diabetes long-term.

## Ways to Help Yourself

Don't be surprised if you sometimes feel like there's lots to do to manage type 2 diabetes. Here are some tips to help you keep on track:

### Stay motivated

- If you're having trouble staying with your diabetes plan, think about what the problem may be.
- Ask yourself what you need to do to get on track. Find one step that could get you started. Choose something fairly easy.
- Find things you can do to keep the problem from happening again. Focus on your successes, not your slip-ups. Don't beat yourself up for

backsliding.

- Its normal to feel overwhelmed with the demands of managing diabetes. Accepting that you have diabetes doesn't mean that you have to like it.
- The more you know about diabetes, the easier it is to manage. Visit this program, whenever you need a refresher. Read books and visit respected Websites about diabetes. Or, take a class in your community. See a



diabetes educator at least once a year for more tips on living with diabetes.

### Get Support

- Decide what type of support you need from your family, friends, co-workers, or healthcare team. Then tell them. Odds are, they'll be happy to help and flattered that you asked them.
- Some of the areas you might need help with are setting goals, overcoming obstacles, and solving problems.
- Teach your family and friends

## CHRISTMAS TREE TIPS

For many people, decorating the Christmas tree is a favorite part of the holiday. The National Safety Council offers some safety tips to make sure a mishap doesn't spoil your holiday season.

### Christmas Trees

- A real tree can add to the spirit of Christmas by filling your home with beauty and the scent of pine. But a real tree can also pose a fire hazard. Each year, more than 400 residential fires involve Christmas trees and tragically nearly 40 deaths and 100 injuries result from those fires.
- Try to select a fresh tree by looking for one that is green. The needles of pines and spruces should bend and not break and should be hard to pull off the branches. On fir species, a needle pulled from a fresh tree will snap when bent, much like a fresh carrot. Also, look for a trunk sticky with sap.
- Cut off about two inches of the trunk and put the tree in a sturdy, water-holding stand. Keep the stand filled with water so the tree does not dry out quickly.
- Stand your tree away from fireplaces, radiators and other heat sources. Make sure the tree does not block foot traffic or doorways.
- If you use an artificial tree, choose one that is tested and labeled as fire resistant. Artificial trees with built-in electrical systems should have the Underwriters laboratory (UL) label.
- An average of 210 home structure fires begin with Christmas trees and result in 24 fire deaths, 27 fire injuries and \$13.3 million in property damage.



### Tree Lights

- Only use indoor lights indoors (and outdoor lights only outdoors). Look for the UL label. Check lights for broken or cracked sockets, frayed or bare wires, or loose connections. Replace or repair any damaged light sets.
- Also, use no more than three light sets on any one extension cord. Extension cords should be placed against the wall to avoid tripping hazards, but do not run cords under rugs.
- Turn off all lights on trees and decorations when you go to bed or leave the house.

### Tree Ornaments

- Always use the proper step stool or ladder to reach high places.
- Read labels before you use materials that come in jars, cans and spray cans.
- Never place lighted candles on a tree or near any flammable materials.
- Avoid placing breakable tree ornaments or ones with small, detachable parts on lower branches where small children or pets can reach them.
- Do not hang popcorn chains and candy canes on the tree when small children are present. They may think that other tree ornaments are also edible.

### Winter Driving - Emergency Car Kit

 Jumper Cables

 Cat Litter or Sand

 Shovel

 Ice Scraper

 Warm Clothes

 Blankets

 Flashlights and extra batteries

 First Aid Kit

 Food

 Water

 AM/FM Radio

**Also consider...**

 Cell phone, if you have one with a list of emergency numbers.

 Fill your gas tank

 Baby formula and diapers, if you have a small child

 If you find yourself stranded, be safe and stay in your car, put on your flashers, call for help and wait until it arrives.