



Red Cliff Community Health Center Newsletter

July 2010

Fireworks Safety Tips

- Use fireworks outdoors only.
- Obey local laws. If fireworks are not legal where you live, do not use them.
- Always have water handy. (A hose or bucket)
- Only use fireworks as intended. Don't try to alter them or combine them.
- Never relight a "dud" firework. Wait 20 minutes and then soak it in a bucket of water.
- Use common sense. Spectators should keep a safe dis-

tance from the shooter and the shooter should wear safety glasses.

- Alcohol and fireworks do not mix. Have a "designated shooter."
- Only persons over the age of 12 should be allowed to handle sparklers of any type.
- Do not ever use homemade fireworks of illegal explosives: They can kill you! Report illegal explosives to the fire or police department in your community.

The National Council on Fireworks Safety invites you to celebrate our nation's heritage on the Fourth of July, but celebrate safely.

*Source:
National Council on
Fireworks Safety*



CLINIC HOURS

Clinic

715-779-3707
Monday - Friday
8am to 4:30pm

Dental

715-779-3707
Monday - Friday
(Call for appointment)

Pharmacy

715-779-3157
Monday - Friday
9am to 12pm &
1pm to 4pm

Optical

715-779-3707
Monday & Wednesday
1pm to 4pm

WIC

**For July
Recertification July 6th
& 9th**

**Immunization day
July 19th**

**NOTICE TO BADGERCARE PLUS
CORE MEMBERS
THOSE RECEIVING MEDICAID
THROUGH THE CORE PLAN**

**PLEASE CALL THE MEDICAL BENEFITS
(715)-779-3707 ext 238
OR THE CONTRACT HEALTH OFFICE
(715)779-3097
WHEN YOU RECEIVE THESE NOTICES**

RENEWAL NOTICES HAVE BEEN SENT FROM THE STATE OF WISCONSIN ENROLLMENT SERVICES TO INCLUDE: SEND \$60 ANNUAL ENROLLMENT FEE WHEN REAPPLYING FOR THE BADGERCARE PLUS CORE PLAN. THE CONTRACT HEALTH OFFICE AT THE RED CLIFF COMMUNITY HEALTH CENTER HAS RECEIVED A DOCUMENT FROM IHS THAT STATES WE AS NATIVE AMERICANS SHOULD NOT BE REQUIRED TO PAY THIS FEE AND ARE EXEMPT FROM CO-PAYMENTS. A COPY OF THIS LETTER FROM IHS MUST ACCOMPANY YOUR RENEWAL APPLICATION TO BE ENROLLED WITHOUT HAVING TO PAY THE \$60.

Summer Food Program

Any one 18 years or younger may stop by to any of the locations for a free lunch and snack

LOCATIONS:

Food Distribution Building

New Housing

Hill Side Housing

Birch Bark Trail

Bayfield Rec. Center

Times:

Lunches 11:30-12:00

Snacks 3:00-3:30

Summer Food Program starts

June 14,2010

For more information call the

Food Distribution @ 779-3740



CPSC Warns: Summer Fun Brings More Emergency Room Visits

For many Americans, summer means fun in the sun. The kids are out of school, adults are on vacation and it's time for outdoor activities like riding bikes and hosting barbecues. However, the U.S. Consumer Product Safety Commission (CPSC) warns that summer also is the time of year consumers are most likely to be injured.

More than 3.7 million consumers went to hospital emergency rooms with product-related injuries in June, July and August 2001. During that summer, about 836,000 more consumers suffered product-related injuries than in January, February and March 2001. To avoid becoming a 2002 statistic, CPSC advises everyone to enjoy summer activities with safety in mind.

CPSC Summer Safety Tips

- One of the best ways to stay safe this summer is to wear a helmet and other safety gear when biking, skating and skateboarding, and when riding scooters, all-terrain vehicles, and horses. Studies on bicycle helmets have shown they can reduce the risk of head injury by as much as 85 percent.
- Use layers of protection to prevent a swimming pool tragedy. This includes placing barriers completely around your pool to prevent access, using door and pool alarms, closely supervising your child and being prepared in case of an emergency.
- Never bring charcoal grills indoors. Burning charcoal produces deadly carbon monoxide.
- When cooking outdoors with a gas grill, check the air tubes that lead into the burner for any blockage from insects, spiders, or food grease. Check grill hoses for cracking, brittleness, holes, and leaks. Make sure there are no sharp bends in the hose or tubing. If you ever detect a leak, immediately turn off the gas at the tank and don't attempt to light the grill until the leak is fixed. Newer grills and propane tanks have improved safety devices to prevent gas leaks.
- Make sure your home playground is safe. Falls cause 60 percent of playground injuries, so having a safe surface is critical. Concrete, asphalt or packed dirt surfaces are too hard. Use at least 9 inches of wood chips or mulch.
- Use softer-than standard baseballs, safety-release bases and batting helmets with face guards to reduce baseball-related injuries to children.
- If you are a soccer mom or dad, beware that movable success goals can fall over and kill children. Make sure the goal is anchored securely at all times and never allow anyone to climb on the net or goal framework or hang from the cross bar. Remove nets when the goals are not in use.
- To prevent serious injuries while using a trampoline, allow only one person on at a time, and do not allow somersaults. Use a shock-absorbing pad that completely covers the springs and place the trampoline away from structures and other play areas. Kids under 6-years-old should not use full-size trampolines.
- Don't allow a game of hide-n-seek to become deadly. CPSC has received reports of numerous suffocation deaths involving children who crawled inside old cedar chests, latch type freezers and refrigerators, iceboxes in campers, clothes dryers and picnic coolers. Childproof old appliances, warn children not to play inside them.
- If summer plans include camping and you want heat inside your tent or camper, use one of the new portable heaters that are equipped with an oxygen depletion sensor (ODS). If oxygen levels start to fall inside your tent or camper, the ODS automatically shuts down the heater before it can produce deadly levels of carbon monoxide (CO). Do not attempt to use alternative sources of heat or power to warm a tent or camper. Traditional camping heaters, charcoal grills, camping lanterns, and gas generators also can cause CO poisoning.
- Install window guards to prevent children from falling out of open windows. Guards should be installed in children's bedrooms, parent's bedrooms, and other rooms where young children spend time. Or, install window stops that permit windows to open no more than 4 inches. Whenever possible, open windows from the top-not the bottom. Also, keep furniture away from windows to discourage children from climbing near windows.
- Summer also means yard work. When mowing, keep small children out of the yard, and turn the mower off if children enter the area. If the lawn slopes, mow across the slope with the walk-behind rotary mower, never up and down. With a riding mower, drive up and down the slope, not across it. Never carry children on a riding mower.

Source:

U.S. Consumer Product Safety Commission

Can Children Really Have Mental Health Disorders?

Yes!

Some common causes of childhood mental health disorders are:

- Heredity Family History
- Biological Chemical imbalances
 Exposure to drugs or chemicals during fetal development
 Damage to the central nervous system
 Brain abnormalities
 Prenatal (perinatal) stress
- Psychological Trauma Emotional, physical or sexual abuse
 Neglect
 Exposure to violence
 Important early loss (such as a parent's death)
- Environmental Environmental toxins, like lead
 Poverty
 Parents having mental health issues
 Alcoholic parents
 Lack of education in parents
 Family conflict

Some signs of mental health disorders in children are:

- | | |
|--------------------------------------------|-----------------------------------------------|
| Developmental delays | Self-injuries |
| Hallucinations | Bullying behaviors |
| Hyperactivity | Difficulty with friends and social situations |
| Frequent temper tantrums | Significant increase in time spent alone |
| Changes in sleep and/or eating habits | Major worrying or anxiety |
| Constant disobedience, aggressive behavior | Setting fires |
| Lacks motivation or energy | Lower grades and overall achievement |

This is just a sampling of signs of mental health disorders in children. And just because a child has some of these signs doesn't mean a mental health disorder is present. A behavior can become a symptom, though, if it occurs less often, lasts a long time, occurs at an unusual age or causes disruption to the family's life. If you're concerned about a child, we urge you to seek a doctor. A doctor can help with a diagnosis and treatment for your child.

Seeking help for your child is honoring your child.

Brought to you by Indian Health Services and the Honoring Our Children Project

Honoring Our Children Even More

The Honoring Our Children Project in Red Cliff is working to serve our families! At the moment, we are serving **14 prenatal families and 41 families with children 0 to two years old**. Our goal is to change the health of our families through:

- Consortium building
- Case management
- WIC (income eligible)
- Prenatal Care Coordination
- Depression screening & referrals
- Health education
- Breastfeeding information & support
- And more!

The U.S. Department of Health & Human Services and Center for Disease Control report that the top three causes of Native American child mortality are heart disease, cancer, and injuries (both intentional and unintentional). Also, the rate for Native American children to die by injury is 2.5 times the combined rate for all U.S. children who die by injury.

In addition, American Indian and Alaskan Natives are twice as likely as non-Hispanic white babies to die from Sudden Infant Death Syndrome (SIDS). And they are 30% more likely to die from complications related to low birth weight and birth defects.

These facts are eye-opening. **These facts can be changed** with prenatal care, parental education, healthy choices and lifestyle changes. The Honoring Our Children staff wants to help you be the best parents you can be. We want to help you as you honor your children.



The Cervical Cancer Vaccine

What Parents of Pre-teens Need to Know

What is cervical cancer and how common is it?

Cervical cancer happens when the cells on a woman's cervix (the lower, narrow end of the "womb") grow out of control. Each year about 12,000 women in the U.S. get cervical cancer and about 4,000 women die from it. Almost all cases of cervical cancer are caused by a common virus called human papillomavirus or "HPV."



What is HPV?

HPV is a virus that is spread through sexual contact. There are many different types of HPV. Some types can cause cervical cancer in women. Other types of HPV can cause genital warts in both males and females. But most of the time, HPV has no symptoms and does not cause health problems. HPV is so common that most adults get it at some point in their lives. Most never know they have it. HPV is most common in young people in their late teens and early 20s.



What is the cervical cancer vaccine (also called the HPV vaccine)?

The HPV vaccine protects against the types of HPV that most commonly cause cervical cancer and genital warts.



Who should get the vaccine?

Doctors recommend this vaccine for 11 and 12 year old girls. Girls and young women ages 13 through 26 should also get the vaccine if they have not done so yet.



Why is the vaccine recommended for 11 and 12 year olds?

Ideally girls should get this vaccine before their first sexual contact when they could be exposed to HPV. This is because the vaccine prevents HPV in females who have not yet been exposed to the HPV types covered by the vaccine. It does not work as well for those who were exposed to the virus before getting the vaccine.

Is the vaccine effective?

This vaccine is very effective. Protection from the vaccine will last at least 5 years. Doctors do not know if a booster shot will be needed.

Is the vaccine safe?

The vaccine has been licensed as safe. The vaccine has been studied in thousands of girls and women in the U.S. and around the world. The most common side effect is soreness where the shot is given (in the arm). Serious side effects are rare.

How much does the vaccine cost?

AI/AN children from birth through their 19th birthday can get shots for free through the Vaccines for Children (VFC) Program. All IHS, tribal and urban Indian health clinics offer shots through the VFC program. So do many private doctors. Check with your doctor or your local clinic.

What about vaccinating boys?

At this time, the vaccine is not approved for use in boys or men. It may be approved in the future, if it is found to be safe and effective for them.

For more information on vaccines, ask your child's healthcare provider or call **800-CDC-INFO** (800-232-4636)
Website: www.cdc.gov/vaccines/preteen/ai/an





Questions and Answers for **Parents** About **Pre-teen Vaccines**

Shots are not just for babies. As children get older, the protection provided by childhood shots can wear off. Children also develop risks for more diseases as they enter their pre-teen years. For these reasons, they need shots too. Doctors recommend pre-teens get several shots at their 11 or 12 year old check-up.

Q: What shots do pre-teens need?

A: Tetanus-diphtheria-acellular pertussis (Tdap) vaccine

This shot protects against whooping cough, or pertussis, which causes severe coughing fits. The coughing fits can be so bad that pre-teens and teens can miss weeks of school and social activities. They can even break a rib from coughing. Whooping cough is very contagious. It can be passed on to infants, who can die from it.

Meningococcal conjugate vaccine (MCV4)

This shot protects against meningitis and blood infections. The disease can become deadly in 48 hours or less. Even with treatment, people die in about 10% of cases. About 20% of survivors will have a long term disability such as deafness, brain damage or an amputated limb.

Influenza (flu) vaccine

The flu is an infection of the nose, throat and lungs that is caused by the flu virus. Most people with the flu are sick for about a week, but then feel better. But some people can get very sick and some can die.

Human papillomavirus (HPV) vaccine, also known as the “cervical cancer shot”

This shot protects against the types of HPV that most commonly cause cervical cancer and genital warts. Doctors recommend this vaccine for 11 and 12 year old girls.

The Tdap, MCV4, and flu shots are recommended for all pre-teens. The HPV shot is only recommended for girls.

Q: When should my child get these shots?

A: Children age 6 months through their 19th birthday should receive a flu vaccine each fall or winter. Pre-teens can receive the other shots during their 11 or 12 year old check-up. If your child missed that check-up, ask your child’s doctor about getting the shots now.

Q: Are these shots safe and effective?

A: All of these shots have been widely studied and are safe and effective. Pre-teens may experience mild side effects such as redness and soreness where they get the shot (in the arm).

These shots are recommended by the American Academy of Pediatrics, the American Academy of Family Physicians, the Indian Health Service, and the Centers for Disease Control and Prevention.

Q: Can I get help paying for these shots?

A: All IHS, tribal and urban Indian health clinics offer shots. So do many private doctors. AI/AN children from birth through their 19th birthday can get shots for free through the Vaccines for Children (VFC) Program. Check with your doctor or your local clinic.

Protect the circle of life. Ask your child’s doctor about these shots today.

For more information on shots,
ask your child’s healthcare provider
or call **800-CDC-INFO** (800-232-4636)
Website: www.cdc.gov/vaccines/preteen/aian



The Honoring Our Children staff wants to serve you better! If you are an HOC client, please fill out this survey and return it to us at: Red Cliff Community Health Center, PO Box 529 (88455 Pike Road), Bayfield, WI 54814. It can remain anonymous or, if you put your name on it, we'll give you 5 NEST points! Thanks for helping us help **YOU**.

Honoring Our Children Family Survey

1. Have you met with HOC staff during a home visit?

Yes No

If Yes, a. What do you like most about home visits from HOC staff?

b. What do you like least about home visits from HOC staff?

2. Do you think home visits are helpful for moms and families?

Yes No

3. What could HOC do to make home visits better?

4. Would you like to know more about smoking during pregnancy?

Yes No

5. Would you like to know more about breastfeeding?

Yes No

6. Would you like to know more about family planning and birth control?

Yes No

7. Do you think beginning prenatal care early in pregnancy is important?

Yes No

8. What could HOC do to help women get to the doctor for prenatal care during the first three months of pregnancy?

9. Which two health education formats do you like the most? (Circle two)

Brochures	Videos/DVDs	Group sessions
Newsletters	Website	One-on-one sessions
Posters	Email	

10. What other suggestions do you have to make HOC better?

An HOC Recipe for kids!

Fruit Popsicles

- 1 cup plain or vanilla lowfat yogurt
- 1 cup fresh or frozen berries (can be a combination, if you wish)
- 1 Tablespoon honey (optional)
- 1 teaspoon vanilla

Place all ingredients into a blender. Blend to desired consistency. Pour into ice cube trays and freeze. Eat as desired!

(Kids should not make this without an adult present.)

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The Scoop on Juice

Did you know juice should be diluted? Juice has LARGE amounts of sugar in it, and sugar is not healthy! It takes an entire apple to make one ounce of apple juice. That means it takes 4 apples to make ½ cup of juice! A lot of sugar from juices can cause yeast infections that may show up as ear and throat infections, eczema, and/or nasal congestion. Too much sugar can even temporarily decrease the strength of your immune system!

When you give your kids juice, mix it with water. Keep the juice (and the sugar) to a minimum!

(This information is based on an article in the Grapevine Summer Edition.)

