

COMMUNITY HEALTH EDUCATION



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Mark Your Calendars

Please join the Sault Tribe Health Division this fall for **in-person community health fairs**. This year's theme is Harvest Your Health. The health fairs will include exercise and food demonstrations, a farmer's market, vaccinations, educational materials, on-site allied health professionals, giveaways, and a grand prize.

The time, date, and location of each health fair are as follows:

- **September 23, 2024:** Kinross Tribal Community Health Fair at the Kinross Recreation Center from 10 a.m. to 2 p.m.
- **September 25, 2024:** Sault Ste. Marie Tribal Community Health Fair at Big Bear Arena from 10 a.m. to 2 p.m.
- **October 2, 2024:** St. Ignace Tribal Community Health Fair at Little Bear Arena from 10 a.m. to 2 p.m.
- **October 3, 2024:** DeTour Tribal Community Health Fair at the Municipal Building from 10 a.m. to 2 p.m.
- **October 4, 2024:** Hessel Tribal Community Health Fair at Hessel Community Health Center from 10 a.m. to 2 p.m.

If you would like more information regarding the Sault Tribe Community Health Fairs, please call Sault Tribe Community Health at (906) 632-5210. We hope to see you there!

"Showing gratitude is one of the simplest yet most powerful things humans can do for each other."

- Randy Pausch





The Garden Corner

- A good practice of health for perennials and annuals is deadheading. Deadheading is the process of removing dead or faded flower buds and seed heads from plants. An annuals plant goal is to flower, set seed and die. Removing old blooms will allow the plant to produce more blooms and encourages the plant to use their energy to grow stronger leaves and roots instead of producing seeds.
- Use caution with manure and fertilizer.
 - Apply only composted, rotted manure that has cured for at least six months to your soil. Fresh manure is too high in nitrogen and can "burn" plants; it may also contain pathogens or parasites.
 - Manure from pigs, dogs, and cats should never be used in gardens or compost piles because it may contain parasites that can infect humans.
 - Fertilizer is not the answer to growing the best plants; soil quality is. Add organic amendments, such as compost and well-aged manure, to your soil. The best soil structure is crumbly, easy to dig, readily accepts water, and is loose enough to provide oxygen for plant roots.
 - If you use fertilizer, use an organic one to add nitrogen, phosphate, and potash (the form of potassium plants can use).
- Understand your soil's drainage. Roots need oxygen, and if your soil is consistently wet, there are no air pockets for the roots to thrive. Many plants prefer well-drained soil, so amend your soil with organic materials to improve the soil quality.
- Most in-ground garden plants grow best with 1 to 2 inches of water per week. If not enough rain falls, water deeply once a week instead of lightly each day. Frequent, shallow watering only moistens the top layer of soil and encourages the plant's roots to move there instead of growing deeper.
- Perennials generally need three years to mature after you plant them. Remember the adage that they "sleep, creep, and leap" each year, respectively.
- The best approaches to controlling weeds in the garden are hand-weeding and hoeing. Avoid deep hoeing or cultivating, which can bring weed seeds to the soil's surface so they germinate. Weed early and often to prevent weeds from going to seed. Use mulch to smother and prevent annual weeds. By keeping a watchful eye on your garden, you'll spot weeds as they sprout up. It's easier, in the long run, to tackle weeds as soon as you see them. If you can, pull them up before they grow and go to seed.
- Start small with gardening. By starting with a small footprint, like a raised garden bed, you'll get to know your garden. You'll also learn about your climate and how much time you're willing to invest. Remember: Only do what you can do. Don't plant more than you can manage. If you'd like to start even smaller with your new garden, try gardening in containers.
- Grow in containers. Edibles grow beautifully in containers. Use the same three-way combination that works with flowers—a thriller, spiller, and filler—as a design guideline when creating containers. Many different types of planters can be used as long as they have drainage holes in the bottom and are at least 12 inches deep and 14 inches wide. Broad, bowl-shaped pots work especially well because they are not toppled by gusty winds.

Beat the Heat

For many Michiganders, summer is synonymous with having fun in the sun. However, heat and humidity can cause heat-related illnesses such as dehydration, dizziness, fainting, heat cramps, heat exhaustion, heat stroke, and even death. Usually, as your body gets hot, it can regulate itself. Sweating is one technique your body uses to do this. However, if your body gets too hot and dehydrated, it may not be able to cool itself off sufficiently.

When warning signs are dismissed, heat cramps, which are caused by a loss of salt from heavy sweating, can lead to heat exhaustion as a result of dehydration and can then climax to heat stroke. Heat stroke, the most serious of the three can cause shock, brain damage, organ failure, and even death. Heat can also exacerbate the symptoms of existing cardiovascular and respiratory illnesses.

Infants, children, the obese, and adults over 65 are at increased risk of heat-related illnesses, but did you know that alcohol or your medications might be putting you at increased risk, too?

So, what can you do to prevent heat-related illnesses and protect your health this summer?

- Wear loose-fitting, lightweight clothing in hot weather.
- Rest frequently, and seek shade when possible.
- Avoid exercise or strenuous physical activity outside during hot or humid weather.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation or if you are overweight or elderly.

To learn more about heat illness please visit the following websites:

- [Extreme heat preparedness checklist. Red Cross . \(2022, January 1\). https://www.redcross.org/content/dam/redcross/get-help/pdfs/heat/EN_Extreme-Heat-Safety-Checklist.pdf](https://www.redcross.org/content/dam/redcross/get-help/pdfs/heat/EN_Extreme-Heat-Safety-Checklist.pdf)
- [12 Medline Plus. \(2010\). Heat emergencies. Bethesda, MD: National Institutes of Health. Retrieved from: http://www.nlm.nih.gov/medlineplus/ency/article/000056.htm](http://www.nlm.nih.gov/medlineplus/ency/article/000056.htm)

Cultivate a Healthier, Happier You

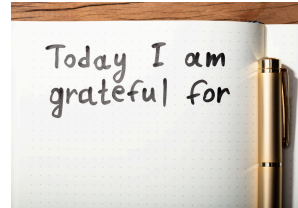
Did you know that August is National Wellness Month? How have you been taking care of yourself? It might be challenging to maintain a healthy lifestyle at times, especially if you're balancing other responsibilities. However, often the smallest, most consistent changes have the biggest impact on one's health and wellness. Here are some wellness tips to help you make small, sustainable changes to your daily routine.

- Start your day with a glass of water. Some key advantages of consuming water include:
 - Aiding in digestion
 - Regulates body temperature
 - Water helps carry nutrients and oxygen to your cells.
- Get plenty of sleep. According to the CDC, adults should aim for about 7 to 8 hours of good-quality sleep per night.
- Take a walk. Walking is a fantastic way to exercise and being outside is beneficial to your health and happiness. Bring a friend or family member for extra motivation.
- Healthy food choices. Consuming a balanced diet will help nourish your body and support overall health. Making healthy food choices will also improve mood and energy levels.
- Practice Gratitude. Take out a piece of paper and make it a daily practice to write three things that you are grateful for. Keep up the practice for at least two weeks before reflecting on your experience.

Dedicate August to your wellness routine. See this as an opportunity to start incorporating healthy habits into your day-to-day life. If you feel overwhelmed, consider implementing one or two of these tips each week. Over time, these habits can lead to significant changes.

To learn more about sleep needs, please visit Centers for Disease Control and Prevention. (2020, March 31). Module 2. how much sleep do you need?. Centers for Disease Control and Prevention. <https://www.cdc.gov/niosh/work-hour-training-for-nurses/longhours/mod2/08.html>

To learn more about the benefits of water please visit How much water should I drink a day?. Harvard Health. (2023, May 22). <https://www.health.harvard.edu/staying-healthy/how-much-water-should-you-drink>



Did you hear about the corn farm?



It's a-maize-ing

Farmers Markets

In celebration of National Farmers Market Week, August 6–12, we encourage you to visit your local market and support your farmers. If you are in the Sault Ste. Marie area, you can visit the local farmers' market every Wednesday from 4 p.m. to 6:30 p.m. at 111 East Portage Avenue. As farmer markets continue to grow, so will the communities.

How to celebrate

- Visit your local farmer's market and buy organic produce. While talking to your local farmers, ask questions about the growing process.
- Teach children the importance of farmer's markets.
 - Increases access to fresh, nutritious food.
 - The USDA reports that produce prices at farmers markets are lower on average than at grocery stores.
 - Promotes sustainability
 - Stimulates the local economy
 - Local farmers return more than three times as much of their sales to the local economy.
- Grow something organic on your own!

To those that work in acres, not hours
we thank you

Mskomin

Raspberry



Exercise with your child

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National Exercise with Your Child Week is observed the first week of August. Being physically active with your child can help them develop self-confidence and learn the value of exercise for happiness and good health.

How to celebrate:

- Turn up the music and dance.
 - Make a playlist with your children. Exercising with music can make movement fun and help you get into the “zone.”
- Learn a new activity together, such as tennis, swimming, or hiking.
- Make it fun, laugh, and be silly; movement doesn't have to be serious or perfect.
- Go for a pre- or post-dinner walk around your neighborhood.
- Make it a routine, whether it's daily or weekly. Routines can help keep you motivated.
- Set goals—keep it simple; it could be something like who can jump rope the longest or a 5k color run this summer.



In the US, childhood obesity affects roughly 1 in 5 children. Obese children are more likely to remain obese as adults, which increases their risk of acquiring a number of health issues including heart disease, high blood pressure, mental illness, decreased functional fitness, stress, and anxiety.. Obesity in childhood can contribute to heart disease, elevated cholesterol, poor mental and physical health, stress, and anxiety in adults. Exercising together with your kids is a great way to spend quality time as a family. Developing healthy habits during early childhood will pay off positively later in life.

Mayo Foundation for Medical Education and Research. (2022b, November 16). Childhood obesity. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/childhood-obesity/symptoms-causes/syc-20354827>

Upcoming Events

- August 14th: Algonquin summer hike
- August 28th: Lunch loop summer hike
- August 7th-28th: Elder group exercise classes
- Sept-Oct: Health Fairs

National Days

- August 3rd: Sunflower day
- August 9th: Book lover day
- August 11th: Play in the sand day
- August 15th: Relaxation day



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