

Public Health Newsletter



'Tis the Season to Decorate Safely

December is the **peak month for home candle fires**. If you're decorating with candles this holiday season, consider using the **battery-operated kind**. If you must use candles, keep them **away from anything that could burn**, and **out of reach** of pets and children. **Never leave burning candles unattended**.

The American Red Cross offers these **other steps you can take**:

- **Check all holiday light cords** to ensure they aren't frayed or broken. **Don't string too many strands of lights together** — no more than three per extension cord.
- **Turn off all holiday lights** when going to bed or leaving home.
- Make sure outside decorations are for **outdoor use** and **fasten them securely**. If using hooks or nails outside, make sure they are insulated to avoid electrocution or fire hazard.
- If getting a live tree, make sure it's **fresh and keep it watered**. To test, **bend the needles** make sure no needles fall off.
- **Check the labels of older decorations**. Some older tinsel is lead-based. If using angel hair, wear gloves. Don't breathe in artificial snow.
- If **using a ladder, be extra careful**. Make sure to have **solid, stable placement and shoes with good traction**.

STAY SAFE FROM HOME FIRES !

Test smoke alarms monthly and practice a **home fire escape plan** until everyone can get out in **less than two minutes**.

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Visit [redcross.org/](https://www.redcross.org/) **fire** for more information or the **free Red Cross Emergency app** (search "American Red Cross" in app stores).

December:

12 Ways to Have A Healthy Winter Holiday Season



Brighten the winter holidays by making health and safety a priority so you can enjoy the celebrations!

Fight germs — Wash hands often with soap and water for at least 20 seconds, if possible.

Bundle up to stay dry and warm — Wear light, warm layers, gloves, hats, scarves, and waterproof boots.

Manage stress — Give yourself a break if you feel stressed, or overwhelmed. Find support, and get plenty of sleep.

Don't drink and drive or let others drink and drive — Choose not to drink and drive and help others do the same.

Be commercial tobacco -free — Smokers have greater health risks, but nonsmokers are also at risk when exposed to smoke.

Always fasten seat belts — Always buckle up and fasten in children using appropriate seat or seat belt. Passengers, too.

Get medical exams and screenings — Ask your health provider what you need; update your medical history.

Get your vaccinations — Get a seasonal flu vaccine every year and ask your doctor if you have any questions.

Monitor children — Keep potentially dangerous toys, drinks, household items and other objects out of children's reach.

Practice fire safety — Don't leave fireplaces, space heaters, food cooking, or candles unattended. Have an emergency plan.

Prepare food safely — Wash surfaces and hands often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods quickly.

Eat Healthy, Stay Active — Eat fruits and vegetables; cut fat, salt and sugar. Be active and help kids and teens be active, too.

Information above adapted from the CDC website at: www.cdc.gov.

Toy Safety

Seeing a child's face light up as they open a gift may bring you just as much joy as it brings them. But **don't sacrifice safety** just because a toy looks cute or cool. **Consider safety when choosing toys and gifts, especially for those who are very young.**

Here are some tips:

Choose plush over pointy toys, and avoid small parts, spikes, ropes and cords.

Be careful with antique toys, as older toys may contain lead or toxic paints, or may not be meet safety standards.

Remove any tags, bags, ribbons, or packaging that may be a choking hazard for small children. Discard all unnecessary packaging after opening gifts and toys.

Follow age recommendations. These may vary but provide basic guidelines for the ages that can use the toys safely and enjoyably.

Information on sidebar adapted from: www.mana.md.

Don't Burn Household Garbage



You might think that burning garbage is better than burying it in a landfill site, **but it isn't** — not in your wood-burning stove, furnace, fireplace, or in a back-yard burn barrel.

Food and beverage packaging is one of the biggest sources of household garbage. Even burning paper products can be risky because of **chemical contamination**. **Diapers, coated cardboard, box board, and magazines** typically all **contain plastics**. The **inks** on colored paper may also be a problem. **Even clean-looking paper and cardboard** can send pollutants into the environment when burned. A good way to cut garbage output is to **reduce the amount of packaging**. Then harmful pollution is prevented from the get-go!

Most paper and plastics can be recycled. **Recycling is far kinder to the environment than burning because it doesn't pollute the air and it provides the raw material for many new products**. Clean scrap lumber and shipping pallets can be cut up and split for kindling if the pieces are unpainted and uncoated.

Please do not burn:

- **Garbage of any kind.**
- **Treated, painted, or coated wood.**
- **Plywood or particle board.**
- **Railroad ties.**



Unlike seasoned firewood, household garbage contains a whole range of materials and chemicals. **Burning garbage doesn't destroy those chemicals—it changes**

them into a toxic cocktail, with unpredictable and harmful chemical reactions.



Dioxin is just one of the many pollutants produced by burning garbage. It is the **same chemical as Agent Orange used during the Vietnam War**. In Minnesota, a recent survey shows that **45 percent of rural Minnesota residents still burn their garbage**. Airborne dioxin settles in **soils, water, and vegetation**, where **livestock and fish** can eat it.

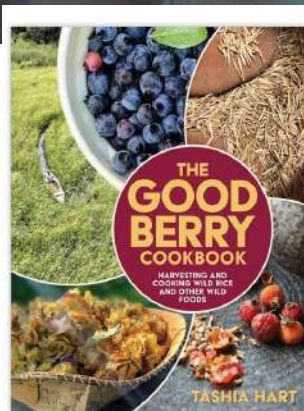
This highly toxic cancer-causing agent does not break down. It builds up in the fats in the body of these animals and is concentrated by them, for example with a cow and its milk, and even in human mother's milk. When people eat meat and dairy products, the dioxin is absorbed. In fact, **over 90 percent of all human dioxin uptake comes from meat and dairy consumption**.

Burning garbage hurts the environment, your health, and your wood-burning system.

Indigenous Food Event Featured Cookbooks, Info, and Demos on Cooking and Foraging



Over 60 people attended the Indigenous Food Event on November 13 at the Mille Lacs Indian Museum, featuring cooking demos by Chef Elena Terry of Wild Bearies, an educational, community outreach nonprofit that strives to bring ancestral foods to communities in a nurturing and nourishing way. “Gather,” a documentary on the growing movement among Native Americans to reclaim their identities through food sovereignty was aired. Author Alisha Hart signed copies of her cookbook.



Photos, above: Top right, Chef Elena Terry demonstrating indigenous cooking. Above right, watching the documentary, “Gather.” Top left; Chef Elena Terry preparing squash and sweet potato parfait. Insert, bottom center; cover of “The Good Berry Cookbook.” Center, Chef Elena Terry and cookbook author Alisha Hart displaying a tray of chocolates made by Chef Terry from a recipe in “The Good Berry Cookbook.”

This event was a collaborative effort between the Mille Lacs Indian Museum and the Mille Lacs Band of Ojibwe Public Health Department.

Questions about the seasonal flu shot and the COVID-19 vaccination?



This year experts believe that the seasonal flu could return and could be severe.

Q: Do I need the seasonal flu shot if I have had the COVID-19 vaccine? Will the shots interfere with each other?

The seasonal flu and COVID-19 are **different diseases so you need both vaccines** to be protected from each one. A seasonal flu shot provides a specific ‘key’ that unlocks an immune response to protect against seasonal influenza. A COVID-19 vaccine provides a different ‘key’ that also unlocks an immune response to protect against COVID-19. There is no “master key” that works for all viruses. **The seasonal flu shot will not counteract the COVID-19 vaccine.**

Q: Can the flu vaccine reduce the risk and severity of COVID-19?

There is more to learn, but according to **a recent study** published by The American Journal of Infection Control, patients who received a seasonal flu shot were found to have **24% lower odds of testing positive for COVID-19**. According to that same study, getting the seasonal flu vaccine can **make your immune system stronger to fight COVID-19**.

Q: Can I get the flu and COVID-19 vaccine or booster at the same time?

It is possible, and it is up to you. According to the CDC, history shows that getting multiple shots at the same time **should not cause worse side effects**. But **this does not mean that you will not experience any side effects**. It may be wise to get one shot in each arm. The Mille Lacs Band of Ojibwe Public Health Department suggests that you **consider getting your seasonal flu and COVID-19 vaccine immunizations on different days**. If you have any concerns, **talk to your provider** about flu vaccines and possibly separating the vaccinations.

Q: Who should get the seasonal flu shot?

The CDC recommends that **everyone 6 months of age and older should get a seasonal flu shot** every year. **Flu strains change and the body’s immune protection declines over time**. This is **especially important for people at high-risk**. For example, now more than ever they recommend that **children get the seasonal flu vaccine this year**. Talk to your provider if you have any questions about vaccinations, **particularly for those at high risk**.

Q: When is the best time to get the seasonal flu shot?

It takes about **two weeks after getting vaccinated for your body to develop the antibodies** to provide protection against the seasonal flu. That is why you should consider getting a seasonal flu vaccination before the virus spreads in your community.

Information on this page adapted from the Each Breath blog of the American Lung Association at: www.lung.org with recommendations from the MLBO Public Health Department.



December Vaccination Schedule

Mille Lacs Band of Ojibwe Health & Human Services

Vaccination Clinics

December 8th 2021 at D3
Hinckley Grand Casino
10am-2pm

December 10th 2021 at D2
East Lake Community Center
9am-11am

December 17th 2021 at D1
Ne-la-Shing Clinic
8am-5pm

We will be offering all 3 vaccines for
1st, 2nd, and 3rd doses.

**If you received your 1st
Covid-19 Vaccination on 11/15/21
you will need to return to NIS on
12/17/21 for your 2nd dose.**

Please Call:
320-532-1984
to Reserve your dose

**Don't forget to
bring your
Vaccination
Card!**

Pfizer

- ⇒ **Pfizer 1st and 2nd doses**
12 years and up (under 18 must have a parent or guardian present)
- ⇒ **Pfizer 3rd dose**
anyone who received their 2nd dose December 2020 to June 17th 2021
- ⇒ **Pfizer Pediatric dose** 5 years old to 11 years old (MUST have a parent or guardian present).

Moderna

- ⇒ **Moderna 1st and 2nd doses**
18 years old or older
- ⇒ **Moderna 3rd dose**
18 year old and up if you received your 2nd dose between December 2020 & June 17th 2021.

Janssen

- ⇒ **Janssen (Johnson and Johnson) 1st dose**
18 years old and up
- ⇒ **Janssen 2nd dose**
18 years old and up if you received your first dose on or before September 15th.

Onamia Students Learn Arts, Culture, and Cooking

Students at Onamia Schools continue learning and practicing indigenous arts and culture as well as international cooking skills through the Community Education Program. Photo top right: a student displays a completed pillow made with an indigenous design influence. Photo bottom left: students learn to make falafel during one cooking activity.



Photo, above: some of the healthy ingredients used for the meal. Ingredients and healthy food provided by Mille Lacs Band of Ojibwe Public Health through grant funds from Minnesota Department of Health.



Celebrate December!

December 1 —
Eat a Red Apple Day

December 4 —
Wear Brown Shoes Day

December 7 —
Letter Writing Day

December 9 —
National Pastry Day

December 12 —
International Children's Day

December 14 —
Roast Chestnuts Day

December 17 —
National Maple Syrup Day

December 21 —
National Crossword Puzzle Day

December 27 —
National Bicarbonate of Soda Day

December 31 —
Make Up Your Mind Day

December Recipe: Blueberry-Lemon Pound Cake



Makes 8 Servings

This healthy pound cake recipe isn't just delicious — it also requires only one bowl to make.

INGREDIENTS:

- 3/4 C granulated sugar
- 5 T unsalted butter, at room temperature
- 3 large eggs, at room temperature*
- 3/4 C part-skim ricotta cheese (or substitute Greek yogurt)
- 2 T lemon zest
- 2 T lemon juice plus 1 t, divided
- 1 t vanilla extract
- 1 1/2 cups white whole-wheat flour
- 2 t baking powder
- 1/2 t salt
- 2 C fresh blueberries
- 2 T packed confectioner's sugar

DIRECTIONS:

1. Preheat to 350 degrees. Coat a 9X5-inch loaf pan with cooking spray and line the bottom with parchment paper.
2. Beat sugar and butter in a large bowl with an electric mixer on medium-high speed until creamy. (This is important.)
3. Beat in eggs, one at a time, until fully incorporated.
4. Reduce the mixer speed to medium-low and beat in ricotta, lemon zest, 2 T lemon juice and vanilla until just combined..
5. Sprinkle flour on top, then evenly sprinkle baking powder and salt over the flour.
6. With the mixer on slow speed, beat until almost combined.
7. Add the blueberries and gently fold into batter.
8. Pour into prepared pan.
9. Bake the cake until starting to brown around the edges and a tester inserted in the center comes out clean, about 1 hour.
10. Let cool in the pan on wire rack for 20 minutes.
11. Run a knife around the edge to loosen the cake, then invert it onto the rack. Carefully turn right-side up. Let cool completely
12. Clean the bowl, add confectioners' sugar and whisk in the remaining 1 t of lemon juice until smooth.
13. Brush the glaze on the cake.

* Room-temperature eggs make cakes fluffier. Place cold eggs in a bowl of lukewarm water for about 5 minutes before using.

Recipe adapted from the Eating Well website: www.eatingwell.com

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Coming Up In December



OLIVE'S PROJECT INTERNATIONAL

IN COLLABORATION WITH

MILLE LACS BAND COMMUNITY

HOST A

WINTER CLOTHING AND HOUSEHOLD ITEMS GIVEAWAY

FRIDAY 1:00^{PM}
TO
DEC. 3 4:00^{PM}

WHILE SUPPLIES LAST

MILLE LACS BAND COMMUNITY CENTER

18458 Minobimaadizi Loop Onamia, MN 56359

SWEATERS - JEANS - LONG JOHNS,
GLOVES - HATS - COFFEE POTS - ETC..

DONATIONS WELCOME/APPRECIATED

Contact Persons

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