

Public Health Newsletter



Earth Day, held each year on April 22, is a day for everyone to appreciate our planet and take better care of it. It's also a great day to get outside and appreciate the spectacular natural resources Earth provides us, like lakes, forests, waterfalls, deserts, and everything in between.

For more on Earth Day see pages 2 & 3.

Inside this Issue

- Fun Facts About Earth Day.....2
- How Mother Earth and Mother Nature Help Us Stay Healthy.....3
- District 3 ALU Enjoys "Souper Saturdays" ...4
- District 1 ALU Celebrates "Souper Saturdays" Too!5
- St. Patrick's Day at the District 1 ALU Featured Fun, Food, and Games.....6
- Onamia High School Students Answer "Vaping Trivia" Questions at Early Morning Event.....7
- Home Fire Safety Tips.....8
- Celebrate April.....9
- April Recipe— Spaghetti Lover's Soup.....9
- H. H. S. Vaccination Clinic.....10
- Contact Us.....11
- At Home COVID-19 Test Kits Are Available11



Fun

Facts About



Some countries call it “International Mother Earth Day.”

The General Assembly of the United Nations designated April 22 as International Mother Earth Day through a resolution in 2009. The United States is one of the few countries that has not adopted the new name.

Earth Day has a theme song.

The song, “Earth Anthem,” was written by Indian poet Abhay Kumar in 2013 and has been recorded in all official United Nations languages.

Earth Day went global in 1990.

About 20 years after Earth Day was created in the 1970’s, it began to spread internationally. In 1990, about 200 million people in 141 countries celebrated Earth Day.

Earth Day inspired other countries to help the environment.

For example, in 2012 on Earth Day, more than 100,000 people in China rode their bikes in order to reduce CO2 emissions and highlight the amount of pollution that came from cars.

About a billion people now participate in Earth Day.

Each year, it’s estimated that about a billion people participate in Earth Day in their own ways, big and small. That makes up about fifteen percent of the world’s population. This also makes Earth Day the largest non-religious celebration in the world.

Earth Day sparked the environmental movement.

The very first Earth Day started the creation of the National Oceanic and Atmospheric Administration (NOAA) and the US Environmental Protection Agency (EPA.)

Earth Day has a theme every year.

In 2022, the theme is “Invest in Our Planet,” which puts emphasis on acting boldly to make sure everyone is making an effort to help preserve and protect our planet. In 2021, the theme was “Restore Our Earth,” which was meant to remind people that we should not only want to protect our planet, but also need to protect our planet.

It’s easy to participate in Earth Day.

People of all ages can participate in Earth Day by doing even the smallest of things, like taking out the recycling or getting outside instead of using electronics inside. They can also make a difference by attending a march, planting a tree, cleaning up trash outside or anything that helps protect and preserve our planet.



How Mother Earth and Mother Nature Help Us Stay Healthy

Healing

Exposure to nature **reduces anger, fear and stress and increases pleasant feelings**. Not only do you feel better emotionally, but it also helps your physical wellbeing by reducing blood pressure, heart rate, muscle tension, and the production of stress hormones. Research has found that even a plant in a hospital room, office, or school can help with stress and anxiety.

Soothing

Nature **helps us cope with pain**. Because we are genetically programmed to find trees, plants, water and other earth elements engrossing, we are absorbed by natural scenes and distracted from our pain and discomfort.

Restoring

Time viewing natural scenes **increases our ability to pay attention**. It gives us something to focus on and provides a break for our overactive minds and refreshes us for new tasks. Studies show that time in nature or with scenes of nature are associated with a **positive mood, wellbeing, meaningfulness and vitality**. Research on children with ADHD shows that time spent in nature increases their attention span.

Connecting

According to a series of field studies, time spent in nature **connects us to each other and the larger world**. When studies measured brain activity, they found that when people viewed nature scenes, the parts of the brain associated with empathy and love lit up, while urban scenes activated fear and anxiety.

Information on this page adapted from article, "How Does Nature Impact Our Wellbeing?", on the University of Minnesota Website "Taking Charge of Your Health and Wellbeing." www.takingcharge.csh.umn.edu



District 3 ALU Enjoys “Souper Saturdays”

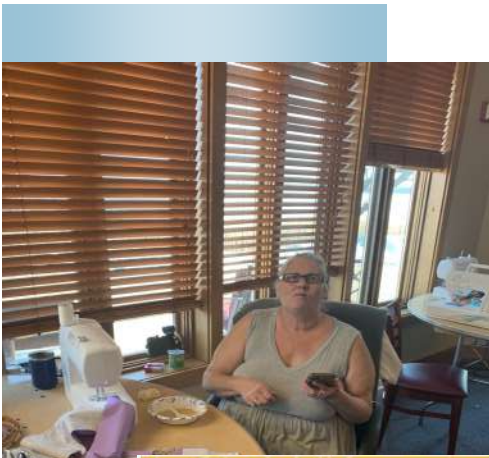


District 3 Public Health ALU Staff step up to help prepare and serve a weekend meal to residents and visitors.



“Souper Saturday” events are a collaborative project from the Mille Lacs Band of Ojibwe Public Health Assisted Living Units and the Mille Lacs Band of Ojibwe Public Health SHIP Grant. (The SHIP grant paid for the ingredients for the healthy lunches, which include salad and sides along with the soup.)

District 1 ALU Celebrates “Souper Saturdays” Too!



(See Center Photo Above) District 1 Public Health Department ALU Staff step up to help prepare and serve the healthy weekend soup and salad meal.

“Souper Saturday” events are a collaborative project from the Mille Lacs Band of Ojibwe Public Health Assisted Living Units and the Mille Lacs Band of Ojibwe Public Health SHIP Grant. (The SHIP grant paid for the ingredients for the healthy lunches, which include salad and sides along with the soup.)

**St. Patrick's
Day at the
District 1
ALU
Featured
Fun, Food,
and Games**



Renee Bruneau from Elder Services and Becky Benson from the Public Health Department ALU staff both made sure that green was the color of the day!

Onamia High School Students Answer “Vaping Trivia” Questions at Early Morning Event

Before school started on March 30th, Onamia High School students enjoyed free hot chocolate and won prizes by correctly answering questions about vaping and about free services to help teens quit vaping or smoking.

Photos courtesy of Troy Shafer, Onamia Public Schools and MAPP.



Bonus Question:*
What is the name of the free program to help teens quit smoking or vaping?

Answer:*
My Life My Quit, designed for Minnesota teens ages 13 to 17.



Do YOU Know the Answer to the Trivia Question?*

What is true about e-cigarettes?
It:

- A. Is an electronic nicotine delivery device
- B. Is advertised and targeted to youth
- C. Is a fire hazard
- D. Usually contains nicotine.
- E. Is all of the above.

*** Answer: E. Is all of the above.**

The event was a collaboration of the Mille Lacs Band of Ojibwe Public Health Tribal Tobacco Grant and the Mille Lacs Area Partners in Prevention (MAPP.)

Know emergency telephone numbers for your area. In most places, 9-1-1 will reach an emergency operator.

Post the number near each landline telephone and **program it into your cellphone.**

Teach children the emergency number!

Home Fire Safety Tips



Dispose of cigarettes, cigars, and matches carefully. **Careless smoking is a major cause of home fires.**

Install smoke detectors on each floor of your home and check the batteries monthly.

Consider installing a sprinkler system when building a new home. These systems will add a few thousand dollars to your construction costs but they have been proven to be the most effective fire prevention available.

Plan at least **two escape routes** from each floor of your home and **practice using them.** Be sure you can open doors and windows from the inside without a key.

Never leave a burning candle or fireplace unattended.

Don't place combustible materials such as laundry items or wood scraps **near a furnace, water heater, or space heater.**

Don't use flammable chemicals in an enclosed space, especially near an appliance that has a pilot light.

Have your furnace and chimney inspected annually. Some utility companies provide free or low cost inspections. Otherwise contact a heating professional to schedule an inspection.

Clean lint traps in clothes dryers after each use.

Know how to prevent and extinguish kitchen fires. If a fire occurs, don't panic. For oven fires, close the door and turn off the oven. Use a pot lid to smother a stovetop fire. Keep an ABC-rated fire extinguisher near the kitchen and check it annually to see whether it needs to be replaced or refilled

Avoid distractions when you are cooking. Have someone else answer the telephone or door. If you must leave the kitchen, turn off all burners until you return.

Prevent scalds by setting thermostat on your water heater to 120 degrees or lower. Install anti-scalding device in each bathtub or shower.

*Information left and above provided by Charlie Lippert,
Air Quality Specialist, Mille Lacs Band of Ojibwe DNRE
320-532-4704*

*Information left and above from Health Tips for Your Home,
developed by the Wisconsin Department of Health and Family
Services, Division of Public Health*



Celebrate April!

April 8 — Draw A Picture of a Bird Day

April 11 — National Pet Day

April 12 — Walk on Your Wild Side Day

April 14 — National Dolphin Day

April 17 — Husband Appreciation Day

April 19 — National Garlic Day

April 21 — National High Five Day

April 24 — Pigs in a Blanket Day

April 27 — Tell a Story Day

April 18 — National Superhero Day

April 30 — National Honesty Day

April Recipe:



Spaghetti Lover's Soup

Ingredients:

- 1 pound lean ground beef
- 1 medium onion, chopped (1/2 cup)
- 1 medium green sweet pepper, chopped (1/2 cup)
- 1 stalk celery, chopped (1/2 cup)
- 1 medium carrot, chopped (1/2 cup)
- 2 cloves garlic, minced
- 1 (14.5 ounce) can diced no-salt-added tomatoes, undrained
- 1 (14 ounce) jar prepared spaghetti sauce
- 1/4 teaspoon salt
- 1 cup water
- 1 tablespoon quick-cooking tapioca, crushed
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon dried Italian seasoning, crushed
- 1/8 teaspoon cayenne pepper
- 2 ounces dried spaghetti, broken into 2- to 3-inch pieces

Directions:

- In a large skillet, cook ground beef, onion, sweet pepper, celery, carrot and garlic over medium heat until meat is browned and vegetables are tender.
 - Drain off fat.
- Transfer meat mixture to a 3 1/2- or 4-quart slow cooker.
- Stir in tomatoes, spaghetti sauce, water, tapioca, Italian seasoning, salt, black pepper, and cayenne pepper
- Cover and cook on low-heat setting for 8 to 10 hours or on high-heat setting for 4 to 5 hours.
 - If using low-heat setting, turn to high-heat setting.
 - Stir in spaghetti.
- Cover and cook for 15 to 20 minutes more or until pasta is tender.

For easy cleanup, line your slow cooker with a disposable liner.

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

**HHS VACCINE CLINIC
APRIL 29TH ~ 8 AM TO 11 AM**

Vaccines Available: Pfizer and Moderna

PFIZER VACCINE

12 years of age and older

1st dose

2nd dose - 21 days after 1st dose

3rd dose - 21 days after 2nd dose if Severely Immunocompromised

1st Booster dose - (12 years and older) 5 months after 2nd dose

2nd Booster dose - (50 years and older or Severely

Immunocompromised for ages 12 and up) - 4 months after 1st Booster dose

PFIZER PEDS DOSE

5 years to 11 years old

1st dose

2nd dose - 21 days after the 1st dose

3rd dose - 28 days after the 2nd dose if Severely Immunocompromised

Booster dose not approved at this time for all ages 5 - 11

MODERNA

18 years and older

1st dose

2nd dose - 28 days after 1st dose

3rd dose - 28 days after 2nd dose if Severely Immunocompromised

1st Booster dose - 5 months after 2nd dose

2nd Booster dose - (50 years and older or Severely Immunocompromised for ages 18 and up) - 4 months after 1st Booster dose

We will have a T-Shirt give away for those that arrive to get a vaccine.
Adult sizes only.

- Limited quantities are available.
- Will be given on first come first serve basis.
- 1 - T-shirt per person

Call the vaccine line to reserve a dose:
320-532-1984

Who Is Moderately or Severely Immunocompromised?

- Receiving active cancer treatment for tumors or cancers of the blood
- Received an organ transplant and are taking medicine to suppress the immune system
- Received a stem cell transplant within the last 2 years or are taking medicine to suppress the immune system
- Moderate or severe primary immunodeficiency (such as DiGeorge syndrome, Wiskott-Aldrich syndrome)
- Advanced or untreated HIV infection
- Active treatment with high-dose corticosteroids or other drugs that may suppress their immune response

**Please call and reserve a dose: 320-532-1984.
Remember your Vaccine Card!!!**

Contact Us :

Public Health Main #
320-532-7775
Dianne Holmquist,
Admin., 320-532-7775
Jenna Kuduk
Health Services Director
320-532-4163

District 1

Crystal Roeschlein, RN
320-362-1710
Kim Schiller, RN
320-362-0889
Carol DeMars, HHA
320-362-4353
Becky Benson, HHA
320-362-4675
Robert Mitchell
CHR Coord., 320-532-7815
Mark Bruske
Barb Laws
CHR's 320-532-7815
Colleen McKinney
SHIP and Tribal Tobacco
320-532-7812
Jackie Jensen, RN
D1 and D3 ALU
D2 Home Care
320-362-1039

District 2

Dee Kulhanek
218-768-5322
Fax # 218-768-6124
Kathy Nelson, FS, HV
320-630-2468
Robert Colton
CHR 218-768-3311

District 3

Fax # 320-336-0212
Donna Sutton, RN,
Home Care, WIC
320-630-2443
David Hormillosa
CHR & PH/Contact Tracer
320-983-0633
Bernida Humetewa
CHR
Cell: 320-630-2683
Office: 320-385-7056

AT-HOME COVID 19 TEST KITS ARE AVAILABLE



The Mille Lacs Band of Ojibwe Public Health Department has a supply of At-Home Covid Testing Kits available to Community Members and Mille Lacs Band of Ojibwe Government Departments.

To receive an at home test kit in your District please call:
Monday-Friday during regular working hours 8am-5pm:

DISTRICT I	BARB	320-630-0397
DISTRICT II	KATHY	320-630-2468
DISTRICT III	DAVID	320-982-0633

* When you get the at-home test, please follow the package insert step by step.

- **If results are positive,** or you think they might be positive, **DO NOT throw away the test.** Please take a picture of it and send it to the Public Health Department. If you have a negative result and are having symptoms, retest in 24-36 hours. If you are still negative, and symptoms persist, call the triage line at 320-630-0855.

* Please call and send all at home positive test results and pictures from any testing kit, regardless of where you received your kit, to **David Hormillosa at 320-982-0633. We will need verification of test results to assist with any employer notification.**