

Sacred Life

Wiconi Wakan



Table of
Contents

2 Tribal Partner Updates

3 Physical Fitness & Sports Month Info

4 Stroke Awareness Info

5 Upcoming Events

7-8 Funding Opportunities/
COVID-19 Resources

SAVE THE DATE

August 19-20, 2020

6th Annual Good Health and
Community Wellness Symposium
Event Details & Registration Link
Coming Soon!

May is National Physical Fitness and Sports Month! With the combination of spring and the beginning of warmer weather, alongside our current situation of social distancing and staying home there is no better time to celebrate the importance of physical fitness. Physical activity can boost your mood, reduce stress, improve sleep, and sharpen your focus — benefits that can be especially important during stressful times. During May we also focus on stroke awareness, as high blood pressure, high cholesterol, smoking, obesity, and diabetes are leading causes of stroke. Behaviors that increase your risk for a stroke include all of the following: an unhealthy diet, physical inactivity, obesity, excess alcohol consumption, and tobacco use. The most important factor in reducing stroke is knowing the signs and the importance of getting to the hospital quickly (see page 4 for more info). We are especially proud of our tribal partners within the Good Health & Wellness Program who dedicate their energy to implementing community-driven and culturally adapted strategies for:

- Preventing obesity by increasing opportunities for physical activity, with an emphasis on walking (Santee)
- Reducing the burden of chronic diseases like type 2 diabetes, heart disease and stroke prevention (Spirit Lake, Santee & Winnebago)
- Increased purchasing of healthy foods (Missouri Breaks, Spirit Lake & Oyate Teca Project)
- Reducing prevalence of commercial tobacco use (Missouri Breaks)
- Increased breastfeeding (Missouri Breaks)

This issue of the Sacred Life Newsletter is dedicated to inspiring all our relatives and their communities to find the countless ways to be active, educated, and celebrate good health!

In Good Health,
Great Plains Good Health and Wellness Team



Policy, System & Environmental (PSE) Changes in Great Plains Tribes



Photo Taken By: Rose Fraser

Oyate Teca Project



The Oyate Teca Project and Medicine Root Garden based in Kyle, South Dakota is working hard to provide fresh produce to communities throughout the Pine Ridge Reservation. To increase the availability and purchasing of fresh produce from the garden to surrounding communities the Oyate Teca Project will be purchasing three refrigeration units for stores in Manderson and Kyle that will stock fresh vegetables for community members. While COVID-19 restrictions have slowed travel and the purchasing of some necessary supplies, the garden currently has two hoop houses with produce to harvest at a future time and will be used to stock the refrigeration units. Although some production is slowed during this

time the program has found ways to persevere! The Medicine Root garden classes that are usually held in person, are now being held virtually and continue to provide education for the participants. The Oyate Teca Project partners with the Running Strong for American Indian Youth program who purchases produce from the farmers of the Medicine Root Garden. Running Strong also buys seedlings from the garden to distribute to families which allows them to plant and grow their own produce at home. During uncertain times the Oyate Teca Project sheds some light on a sense of community and the importance of good health.

Spirit Lake



In coordination with Great Plains Good Health and Wellness Program grant funding made available by the Centers for Disease Control, Spirit Lake Nation has successfully incorporated a healthy vending machine in their main tribal building. This machine offers community members with healthier options compared to other vending machines in the area. It contains yogurt, V8, and sugar-free drink options in the refrigerated bottom half portion. The upper section contains items like oatmeal, protein bars, almonds, baked chips, and pretzels. This machine is placed in a building that holds a variety of meetings and gatherings and will provide members with a healthier option while visiting the building. Dedrick Robertson, Project Coordinator states, "First of all we would like to give a big thanks



Photo Taken By: Dedrick Robertson

for the Good Health & Wellness Grant. Without this grant, we would have not been able to purchase a healthy snack vending machine for the community members of the Spirit Lake Tribe. This vending machine has helped bring a healthy snack option to our tribal members & anyone passing through the location of the vending machine."

Missouri Breaks



Missouri Breaks will be doing a Media Campaign Contest throughout May for the Cheyenne River Sioux Tribe (CRST) community. Community members will be asked to submit culturally-inspired artwork, photographs, and personal stories related to obesity, tobacco, and diabetes prevention. Winning entries will be used in policy signs, educational posters/banners, health promotion items, and billboards. Cultivating traditional tobacco (cansasa) and holding virtual Canli Coalition meetings will be the focus this spring to stay connected and safe.

Celebrating Physical Fitness and Sports Month

The benefits of physical activity and healthy eating during a pandemic that requires social distancing include all of the benefits during non-pandemic times:

- Improved blood pressure
- Reduced risk of heart disease
- Increased muscle & lung strength
- Improved mental health & immune system
- Increased bone density & weight loss

Spring is the perfect time to engage in individual activities such as biking, running, swimming, walking, canoeing, archery, and virtual traditional dancing. Some games like stickball, volleyball, lacrosse, football, basketball, and double ball can be hard to play with physical distancing rules in place. Individual skill work is another option until we are able to get together and play these games! Gather materials needed to create your own double ball stick or lacrosse stick and practice catching and throwing with your family.

You can also make your own indoor indigenous board games and guessing games. You can learn about different types of games and how to play them by watching a webinar hosted by the Good Health & Wellness Program and the International Traditional Games Society on [YouTube](#). Challenge your family to a hand games tournament and try making and decorating your own sticks!

Online pow wow dancing opportunities are popping up all over the internet, you can find more information [here](#). Follow along to different types of dance in your own living room with Powwow Sweat. Try traditional, double beat, jingle dress, men's fancy, and many more on their [YouTube](#) channel. Also check out the Facebook group [Social Distance Powwow](#) for an online platform of songs, dance, artistry, language, and talent.

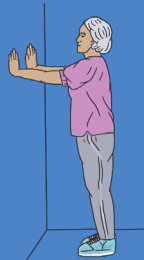
Great Plains Good Health & Wellness



EASY EXERCISES / STRETCHES

Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.

DO EACH EXERCISE 20X THEN REST FOR 60 SEC. & REPEAT FOR THE DESIRED TIME 10-30 MINS.



1. Wall Push-Ups



2. Stationary March



3. Squat with a Chair



4. Pat & Reach



5. Shoulder Blade Pinch



6. Power Knees



7. Good Morning Stretch

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BENEFITS OF DANCING



Improve Blood Pressure



Strong Immune System



Reduced Risk of Heart Disease



Increased Muscle Strength



Strengthens Lungs



Overall Mental Health



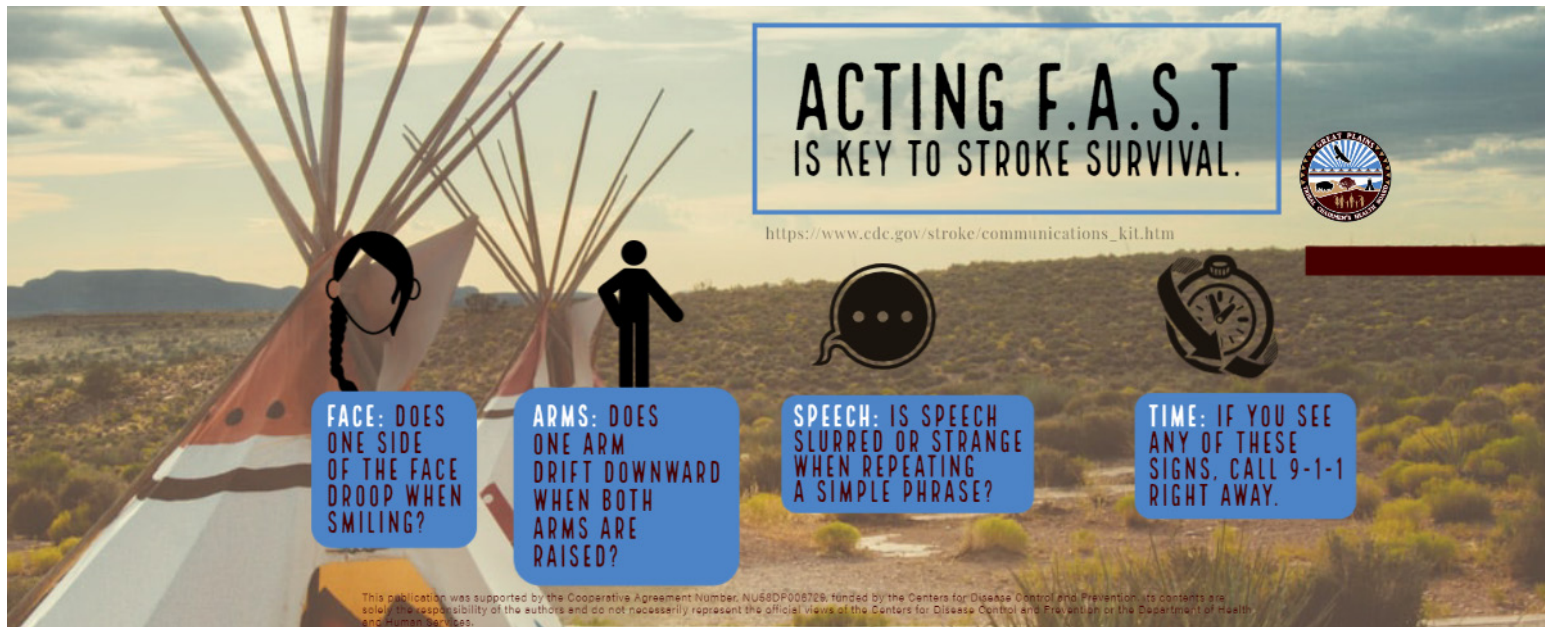
Increases Bone Density



Weight Loss

<https://www.cdc.gov/physicalactivity/about-physical-activity/why-it-matters.html>

MAY IS NATIONAL STROKE AWARENESS MONTH



Heart disease and stroke are the first and sixth leading causes of death, respectively, among American Indian/Alaska Native (AI/AN) people, as well as major causes of disability according to the U.S Department of Health and Human Services. A stroke, sometimes called a brain attack, happens in one of two ways:

Ischemic stroke—when the blood supply to the brain is blocked

Hemorrhagic stroke—when a blood vessel in the brain bursts

A stroke causes brain tissue to die, which can lead to brain damage, disability, and death. Marked increases in the prevalence of many risk factors for heart disease and stroke have been reported among AI/AN people. These marked risk factors include:

- **Commercial tobacco use**
- **Unhealthy diet with processed foods high in sugar, sodium, and saturated fat**
- **Obesity**
- **Physical inactivity or sedentary lifestyle**
- **Diabetes**
- **Excess alcohol consumption**

These marked increases place AI/AN populations at increased risk for subsequent rises in death rates from heart disease and stroke. The

Center for Disease Control's Atlas of Heart Disease and Stroke Among American Indians and Alaska Natives states, "Effectively preventing heart disease and stroke in this population and reducing disparities in both the prevalence of these conditions and the quality of care available requires an innovative and multidimensional approach. Prevention strategies should be more intensive to address the growing risk factors, and they should be culturally appropriate, taking into account the wide variations among tribes and communities. These strategies should be developed in partnership with tribal and AI/AN communities with input from individuals, their families, and community organizations."

Exercise Lowers your Stroke Risk!

It is important to exercise regularly to lower your risk of a stroke. In fact, regular physical activity is one of the main components of primary stroke prevention strategies. The best type of exercise for high blood pressure is aerobic exercise which uses large muscle groups continuously and rhythmically, such as walking and cycling. Your goal for reducing stroke with physical activity should be to exercise at a moderate intensity at

least five days a week. You can take a walk around your neighborhood every morning after breakfast or try a traditional dance in your living room before starting your day. If you don't have 30 consecutive minutes to exercise, break it up into 10- to 15-minute sessions a few times each day.



South Dakota Department of Health (DOH) Cardiac Ready Communities:

The focus of the Cardiac Ready Communities (CRC) Program is to educate, equip, and empower local community members to be better prepared and more confident in helping a patient experiencing a cardiac event prior to the ambulance arriving. This collaborative response to a public cardiac event is referred to as a System-of-Care, where laypersons, dispatchers, Emergency Medical Services (EMS), police, fire, and hospital staff all work together for the betterment of the community and its members. For more information on the Cardiac Ready Communities Program please visit [here](https://www.gptchb.org).

UPCOMING EVENTS

Dancing Your Way Through Healthy Lifestyles

Join us for a presentation on how pow-wow dancing can be beneficial for physical, mental, emotional, and spiritual health. There are several different styles of pow-wow dancing, including different male styles, and different female styles. Dawn will share short descriptions of each of these styles as she talks about the health benefits.

Presented by: **Dawn Arkinson**,
BSW GP-BCCEDP Patient Navigator



Great Plains Good Health and Wellness | Community Health Webinar Series

May 13
1 PM MDT/ 2PM CDT

NEW! Click [HERE](#) to Register for this webinar.

Look for our monthly Community Health Webinars to continue each month—always on the second Wednesday of the month at 1 pm MDT/2 pm CDT. Topics & more information on how to join to be announced via email & Constant Contact.



Virtual Diabetes Workshop for SD Tribal Communities

All Mondays, May 11 – June 15, 2020
(no class on Memorial Day)
1:00 – 3:30 p.m... MT / 2:00 – 4:30 CT
Location: Online (meeting link provided after registration)

Why Should I Attend?

Those who have taken the workshop show:

- Better health
- Increased confidence managing diabetes
- Improved A1C and blood sugar levels
- Decrease in hypo- and hyperglycemia
- Fewer doctor/ER visits and hospitalizations

Workshop Topics:
(6 weekly 2½-hour sessions)

- Healthy eating and meal planning

- Preventing low blood sugar
 - Managing stress and depression
 - Tips for exercising
 - Goal setting and problem solving
 - Preventing or delaying complications
 - Working better with doctor/health team
 - Medication how-to's
- Monitoring blood sugar levels

This workshop is for adults with prediabetes or type 2 diabetes and their caregivers

To register, call 1-888-484-3800 or www.BetterChoicesBetterHealthSD.org or click [HERE](#).



Fueling our Passion in Wellness to Help Others Thrive

Thank you for your commitment to shaping the health and well-being of South Dakota worksites. Due to the need to focus and redirect attention to the COVID-19 response and with the recommendation to practice social distancing for the foreseeable future, **we have decided to postpone the WorkWell Partnership Summit in Sioux Falls**, previously scheduled for May 5, 2020. We look forward to seeing you in August!

TUESDAY, AUGUST 4, 2020
SIOUX FALLS, SD

HILTON GARDEN INN DOWNTOWN

REGISTRATION: 8:00 – 8:45 SU/M/W/T: 8:45 – 3:45

If you have any questions, please email eweiss@bhssc.org. Thank you for understanding and for all the work you're doing to keep everyone safe during this unprecedented time.



Financial Benefits of Reopening Tribal Casinos Smoke-free

Americans for Nonsmokers' Rights Foundation is in the process of producing three short videos, which will request Tribal gaming leaders to consider reopening casinos smoke-free after COVID-19 is controlled.

The first video titled Financial Benefits of Reopening Tribal Casinos Smoke-free is on the ANRF Youtube page. Subscribe to the channel to watch for the other upcoming videos. Visit ANRF for more information <https://no-smoke.org/>.



UPCOMING EVENTS



Walk With Ease

A 6-week walking program for adults



Walk With Ease is an evidence-based 6-week walking program that teaches class participants to walk safely, make physical activity part of their everyday, and how to do safe stretches and strengthening exercises.

South Dakota Worksites

Offer a full packaged, evidence-based walking program for your employees! SDSU Extension is offering two opportunities to implement Walk With Ease in worksites:

1. Train a Walk With Ease session leader in your worksite to offer a group-led session with their employees.
2. Offer the self-directed WWE opportunity, coordinated and implemented by SDSU Extension staff, for employees to participate.

To start offering WWE at your worksite, contact the SDSU Extension Program Coordinators

- Nikki Prosch (P): 605-688-6409
nikki.prosch@sdstate.edu
- Hope Kleine (P): 605-688-6901
hope.kleine@sdstate.edu

For more information about the program visit:

<https://extension.sdstate.edu>

<https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/>

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Learn more at iGrow.org.

© 2018, South Dakota Board of Regents



"Power of Parents: Health at Home" Webinar

2 PM MDT/3 PM CDT May 13

Get tips and resources on how to keep your kids active and healthy on a budget while they are out of school. [Register now.](#)

COVID-19 Weekly Zoom Call hosted by Great Plains Tribal Epidemiology Center (GPTEC)

10 AM MDT/ 11 AM CDT, Every Wednesday

Zoom: <https://zoom.us/j/290838361>

Bringing together tribal, state, and local stakeholders for weekly updates on COVID-19 in the Great Plains Area. Each participant has an opportunity to provide updates, along with up-to-date information is shared by GPTEC and across tribal nations and health facilities.

If you are unable to attend and have questions or updates please email brooke.mcperson@gptchb.org

Indian Health Service's All Tribes COVID-19 Conference Call (Weekly)

The Indian Health Service is hosting weekly All Tribes calls to provide updates on the Coronavirus Disease 2019 (COVID-19) for Tribal and Urban Indian Organization Leaders. Officials will provide COVID-19 preparedness efforts and response updates. You will have an opportunity to provide comments and ask questions to federal officials.

Time: 1:30 MDT/2:30 CDT every Thursday

Conference Call: 1-800-857-5577

Participant Passcode: 6703929

Webinar Adobe Connect: <https://ihs.cosocloud.com/r4k6jib09mj/>

Participant Password: ihs123

OPEN TO EVERYONE

North Dakota Diabetes Management TeleECHO

Join a virtual learning network with other diabetes specialty providers.

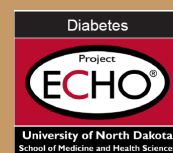
Third Friday of every month from 12:00 - 1:00 PM CST/ 2:00 PM MST

Learn about best practices and evidence-based care for patients with complex medical conditions through didactic and case presentations. Participants will be able to:

- Increase knowledge of best-practice guidelines for diabetes management
- Improve management of diabetes patients in under-served communities
- Present your de-identified cases for collaborative discussion and guidance
- Create a network among rural clinicians

The Diabetic Management TeleECHO offers:

- Free educational credits for health care-professionals
- Collaboration, support and ongoing learning with subject-matter experts and health care staff
- New ways to support patients in their home community



May 15: Diabetes in the Hospital

June 19: Diabetes Technology

July 17: Behavioral Issues in Diabetes

August 21: Weight Management in Diabetes and Prediabetes

Are you ready to join ECHO?

To Join our mailing list for ECHO updates please email julie.a.reiten@und.edu

For more information on Project ECHO in North Dakota, please visit www.ndecho.com or call 701-777-4173



FUNDING OPPORTUNITIES

The CDC's Noncompetitive Notice of Funding Opportunity:



Supporting Tribal Public Health Capacity in Coronavirus Preparedness and Response (CDC-RFA-OT20-2004) is open now for all federally designated tribes to submit applications. Applications will be reviewed without delay and awards will be made on a rolling basis. You can find the information at <https://www.grants.gov/web/grants/view-opportunity.html?oppId=325942>

Funding awarded through these grants may be used to prevent, prepare for, and respond to coronavirus, including emergency operations and coordination, health information technology, surveillance and epidemiology, laboratory capacity, communications, countermeasures and mitigation, infection control, recovery, and other preparedness and response activities.

For more information:
e-mail: **TribalCOVIDNOFO (CDC)**
TribalCOVIDNOFO@cdc.gov

Implementing and Expanding Self-Measured Blood Pressure Monitoring in South Dakota



Grant Objective: Facility could utilize **Target: BP, Check. Change. Control, or Million Hearts SMBP** programs and guidance to implement a self-measured blood pressure monitoring (SMBP) program within their practice, add additional patients to current SMBP program, or expand to additional providers or sites.*

RFA Release: September 20, 2019

RFA Due Date: Application review and award is ongoing until all funding has been awarded

Selection: An estimate of up to 6 facilities will be funded

Project Period: Project period lasts one calendar year, beginning one month after award

Anticipated Award Amount: \$5,000 per facility (up to \$30,000 total)

Primary Contact: Rachel Sehr, Heart Disease and Stroke Prevention Coordinator

Primary Contact Email: Rachel.Sehr@state.sd.us

Application Procedure: Applications are due via electronic submission to Rachel.Sehr@state.sd.us.

*All awarded initiatives would be developed and implemented with assistance from the 1815 team. 1815 team consists of experts from HealthPOINT, the Great Plains Quality Innovation Network, and SD Department of Health who have extensive knowledge and experience related to 1. electronic health records, 2. data, workflow, process analysis, 3. strategic plan development and implementation, 4. PDSA cycles, 5. policy and protocol development. Additional partners may be utilized as needed. All team members are available to awarded facilities as a resource for accepted grant activities at no charge to the awardee.

[View the Full Instructions and Application](#)

Health Resources and Services Administration (HRSA) COVID-19 Funding for Tribes

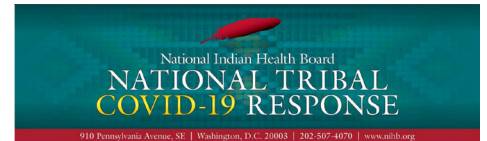


Applications due June 16, 2020

The Health Resources and Services Administration (HRSA) is accepting applications for the fiscal year (FY) 2020 Rural Telementoring Training Center (RTTC). The purpose of this program is to train academic medical centers and other centers of excellence in the creation of technology-enabled telementoring learning programs that facilitate the dissemination of best practice specialty care to primary care providers and care teams in rural and underserved areas across the country. The RTTC will facilitate models of professional education and support that are adaptable to culturally and regionally diverse populations.

[View the full application.](#)
FY 2020 Funding Opportunity Announcement

National Indian Health Board (NIHB) National Tribal COVID-19 Response *Funding Opportunities for Tribes*



The COVID-19 Funding Opportunities for Tribes is a quick reference of the current and previously available funding for Tribal governments, Consortiums, or Organizations to prevent, prepare for, and respond to the novel coronavirus disease (COVID-19) in Indian Country.

https://www.nihb.org/covid-19/wp-content/uploads/2020/04/Tribal-Funding-Opps_04-24-20.pdf

Stop the Spread of Coronavirus in Indian Country



American Indian Cancer Foundation (AICAF) recently announced it will be providing [survivor bandanna face coverings](#) to families at no cost. Because there is a limited supply and a high demand, we have ordered an additional 400 masks (shown below) to protect more of our Native cancer survivors, caregivers, and families. Funds raised on Giving Tuesday Now will go directly towards the cost of supplying these masks, and producing more for communities in need.





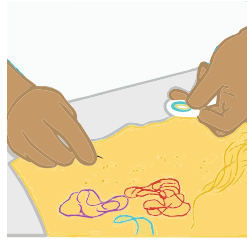
FEED YOUR DNA TIP | GREAT PLAINS GOOD HEALTH & WELLNESS

COPING WITH STRESS

DURING DIFFICULT TIMES



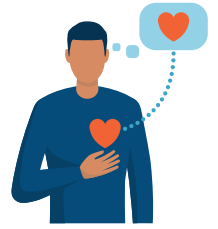
TALK WITH FAMILY & FRIENDS BY PHONE OR VIDEO



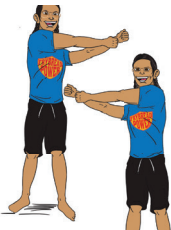
RELAX WITH BEADWORK



FOCUS ON POSITIVE ACTIVITIES



ACKNOWLEDGE YOUR FEELINGS



EXERCISE IN YOUR HOME



AVOID USING ALCOHOL, DRUGS & COMMERCIAL TOBACCO



DISCONNECT FROM MEDIA AND SOCIAL MEDIA ROUTINELY.



SEEK ACCURATE INFO FROM REPUTABLE SOURCES



KEEP A HEALTHY DIET



JOIN SOCIAL DISTANCE POWWOW LIVE FROM YOUR HOME



FOLLOW SAFETY AND HYGIENE PROCEDURES



SMUDGE YOUR HOME WITH PRAYER

COVID-19 Tribal Community Needs Assessment

THE ASSESSMENT WILL BE ONGOING THROUGH OUT THE COVID-19 EPIDEMIC

In an advocacy effort by the Great Plains Area Tribes and the Great Plains Tribal Epidemiology Center, we have created a quick survey to identify needs in the Great Plains Tribal Communities. We are asking tribal community members in the Great Plains Area to complete this survey to gather information on the resources and supplies needed.

*****Please know that we do not currently have these resources and supplies readily available.**

We encourage those who have relatives that do not have access to or have trouble using the INTERNET (e.g., elderly) that you call and assist them with filling out this Survey, or if you would like paper copies please give us a call.

Online Version Available At:

<https://www.surveymonkey.com/r/covid19TNCA>

Instructions for Use:

Apple:

- 1.) Hover over the code
- 2.) Click the link when it pops up at the top of phone



Instructions for Use:

Android:

- 1.) Download "QR Code Reader" App
- 2.) Scan QR code and click link