

Sacred Life

Wiconi Wakan



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The Great Plains Good Health and Wellness (GPGHW)

Greetings and a Happy New Year!

As we welcome 2021 with hopes for good health and good fortune, we look back on a year that brought hardships, stress, and for most, a lot of isolation. As we approach a hopeful new dawn amid Covid-19, we encourage all our relatives to create new goals and aspirations for 2021. The purpose of setting goals is about choosing where you want to go in life. Knowing that these choices are ours embeds us with personal power. It's personal power that will make this year so much better than the last.

The Good Health and Wellness team continues to assist and work alongside our tribal partners to conquer their goals for good health and community wellness. Despite a few setbacks and changes, our partners have persevered. Their committed efforts ensure a brighter future for their communities. From all of us at GPGHW, we wish all our relatives a prosperous and healthy year!



If you have any questions or greetings for Sean, please contact him anytime at sean.hollearn@gptchb.org or

605-721-1922 ext. 144

Welcome to the Team

Meet our new Great Plains Good Health and Wellness Program Manager, Sean Hollearn. Sean holds a bachelor's degree in Exercise Science with a minor in Health. He is certified as an Exercise Physiologist through the American College of Sports Medicine and is certified as a Holistic Lifestyle Coach through the CHEK Institute. He's spent the past three years in the corporate fitness world.

As a health and wellness expert, Sean is intensely passionate about helping others achieve their ideal life. His life and professional experiences taught him that people are just as different on the outside as they are inside. He understands that these differences don't divide us but instead help create the common thread used to unite us. There is never a "one size fits all" solution when it comes to health. Sean believes that health is a journey of growth meant to be enjoyed and not a destination from which you arrive.

Sean is immensely grateful for this opportunity to serve the Great Plains Area tribes. Native American's have a strong history of working with rather than against nature. Sean believes that this is precisely where all humankind can find their balance and experience proper health. If Sean is not helping people live their dreams, you will likely find him with his beautiful family or out in the Black Hills enjoying all that life has to offer.

Honoring our Friend in Health

The Good Health and Wellness Program would like to honor Jennifer Williams as she continues her endeavors outside of the Great Plains Tribal Leaders' Health Board (GPTLHB). GPTLHB played home to the committed service of Jennifer Williams for seven years. During her time as the program manager for the Good Health and Wellness Program, she worked continuously to seek to reduce the significantly-high rates of heart disease, type 2 diabetes, and stroke for American Indians living in the Great Plains region. Jennifer has been selfless in her work.

"The Great Plains Tribal Leaders' Health Board is extremely grateful for the contributions Jennifer has made to the organization and the positive impact she has had on tribal communities across the Great Plains region. Her commitment to improving health outcomes for our people is a wonderful example of what it means to be a good relative," said GPTLHB Communication Director Brandon Ecoffey.

"Jennifer has a passion for serving others, and she does so in the most humble of ways. She is caring, kind, and generous and never hesitates to go above and beyond for her team, the organization, and the tribes in which we serve. It is truly an honor to work with and learn from Jennifer," stated the Health Board's Senior Director of Grants Administration, Nichole Cottier

The Good Health and Wellness team sends their deepest gratitude to Jennifer and will be forever thankful for her leadership, guidance, and wonderful friendship.



February is American Heart Month

7 Days of **Self-Care**

#MindfulMonday



Know your **blood pressure numbers** and other heart stats

#TastyTuesday



Try a **tasty, heart-healthy recipe**

#SelfcareSunday



Create your **self-care checklist** for the week

#WellnessWednesday



Put your **heart** into your wellness routine

#TreatYourselfThursday



Treat your heart to some **relaxation and fun**

#FollowFriday



Share who inspires you to show your heart more love

#SelfieSaturday



Post about your favorite way to take care of **your heart**



#OurHearts

Celebrating Indigenous Chefs for National Nutrition Month



[Butternut Bison Lasagna Recipe Here](#)

National Nutrition Month is an annual campaign celebrated during March. During this time, we focus on learning about making informed food choices and developing healthy eating habits. This year for National Nutrition Month, we encourage you to get excited about reclaiming indigenous foods using foods available to you in your communities. Several native food chefs have worked towards revitalizing and awareness of indigenous food systems in a modern context.

Mariah Gladstone (Blackfeet, Cherokee) is the creator of Indigikitchen, formed to foster an appreciation and love of traditional native foods. Her website offers cooking demonstrations and recipes. Chef Gladstone also provides educational lectures and school residencies to teach students about the importance of traditional foods. Indigikitchen believes food strengthens our cultures' ties and reminds us of the inherent worth of our identities while fueling our physical bodies. For a recipe on Butternut Bison Lasagna and many others, visit [the website HERE](#). Chef Nephi Craig (White Mountain Apache and Navajo) is the Native American Culinary Association or NACA founder. This organization/network is dedicated to the research, refinement,

and development of Native American Cuisine. Chef Nephi Craig provides training, workshops, and lecture sessions on Native American Cuisine for health to schools, restaurants, universities, treatment centers, behavioral health agencies, and tribal entities from across America and abroad. To listen to Chef Craig perform a native foods demonstration, you can visit [Native American Nutrition Webinars | Healthy Foods, Healthy Lives Institute \(umn.edu\)](#).

HARVESTING Čaŋšaša

Background:

Čaŋšaša is the traditional tobacco of the Lakota used for ceremonial and medicinal purposes. It is made from dried shavings of the green layer of wood underneath the red outer bark of the red willow. Čaŋšaša is harvested in the winter after the last thunder and before the Thunder Beings return in spring. Sometimes Čaŋšaša is mixed with other plants such as bear berry (this mixture is known as Kinnicknick), smooth sumac, lavender hyssop, and bear root/ osha root.

Čaŋšaša Use:

Čaŋšaša is opáŋi (offered) to many things in everyday life such as: animals (eagles), drums, flags, when praying, or anytime you are asking for something (prayers, stories, or questions). It is used as a gift of appreciation and acknowledgement. The rarity of Čaŋšaša makes it like gold.

When offering Čaŋšaša to spirits or when praying, the individual needs to say their prayer and present the Čaŋšaša or smoke the Čaŋšaša. The prayer is delivered through the smoke that is exhaled and carried up to Thunŋkášila. The thing that keeps Čaŋšaša sacred, is that it is not to be inhaled but intended to be savored in the mouth as a person is praying.

When offering Čaŋšaša to animals, it should be prayed with in the hand and then set aside for whatever oyáte is being prayed for.

When Čaŋšaša is being offered to the drum many people follow different protocols. Some believe that the Čaŋšaša is only for the drum and not the singers while others believe it should be gifted to both. When Čaŋšaša is given to the drum, a prayer should be said and the Čaŋšaša can be touched to the drum, sprinkled on it, or laid down on it.

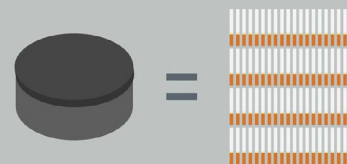
To learn more about the tradition of Čaŋšaša visit: <https://www.youtube.com/watch?v=BwSoEikM0mc>

Through With Chew Week February 14-21

Can the can! Quit the dip!
Smokeless tobacco is just as addictive as cigarettes. Using dip for 30 minutes has the same effect as smoking 3 cigarettes.

[Get all the facts from this link.](#)

CHEW ON THIS



1 CAN OF DIP = NICOTINE
FOUND 80 CIGARETTES

Hazel's Cansasa Project

Reclaiming
the traditional use of Cansasa

#KeepTobaccoSacred



For Cansasa, contact Dana Q. Dupris
at 605-964-7554



Long-time Canli Coalition member, Hazel Red Bird, was an advocate against commercial tobacco. She desired a way to reclaim the traditional use of Cansasa. To honor her wishes, the Canli Coalition gives away Cansasa for prayer, ceremony or offerings.



The Great American Spit Out

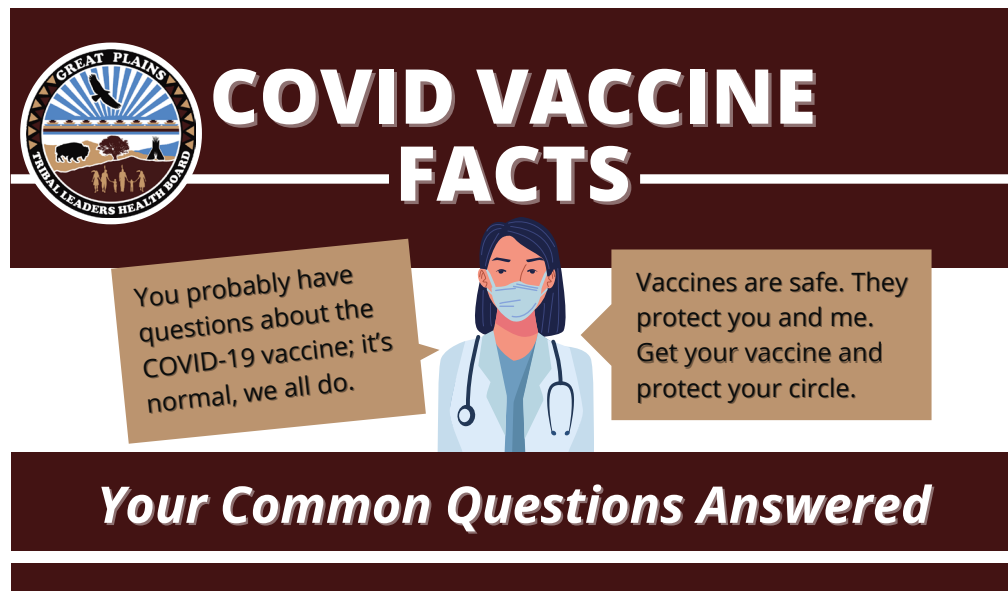
The Great American Spit Out takes place during Through With Chew week. Quitting tobacco is a process, but this day is the perfect time to take your first steps!

• [Develop a quit plan here:](#)

• [SD QUITLINE](#)

• [1-866-SD-QUITS](#)

YOUR QUESTIONS ABOUT THE COVID-19 VACCINES – ANSWERED!



Graphic from GPTEC (Great Plains Epidemiology Center)

By: Alicia Edwards

You probably have questions about the new vaccines. We all do! It's normal and healthy to have questions about a new vaccine. The Great Plains Tribal Leaders Health Board (GPTLHB) wants to make sure you get all your vaccine questions answered so that you can make the best decisions for yourself and your family.

GPTLHB's public health experts, Dr. Meghan Curry O'Connell and Nick Hill, answer common questions about the COVID-19 vaccine.

It took less than a year to make these vaccines. How do we know they are safe?

Like all vaccines, COVID-19 vaccines were made to be safe and effective. Doctors and scientists worked together to make these vaccines so quickly. People all over the world worked together to make these vaccines safe.

While scientists tested the vaccines, companies and governments made plans to produce millions of doses and get them to all Americans. Other scientists and doctors looked at all the tests to make sure the vaccines are safe and effective. The COVID-19 vaccine development has shown us what we can do when we all work together to fight a disease.

Can the COVID-19 vaccine give you COVID-19?

No. There is no way for the COVID-19 vaccines to give you COVID-19. The two vaccines currently being offered in the US do not have the virus in them. Because there is no Coronavirus in the vaccines, they cannot give you COVID-19. People sometimes feel sick with tiredness, fever, or headache after they get the vaccine. These are signs that your body is responding naturally to the vaccine. The COVID-19 vaccine will not give you a cough or shortness of breath like the virus can.

What side effects can I expect from a COVID-19 vaccine?

You may have minor side effects from the COVID-19 vaccine. Rear Admiral Francis Frazier, IHS Vaccine Task Force Lead, says that the most common side effects are tiredness, muscle aches, and headaches. These side effects are expected and mean that your body is building a healthy immune response. Remember, you cannot get COVID-19 from the vaccines. There have been a few reports of people having a severe allergic reaction to the vaccine. While these reactions are very serious and can be scary, they sometimes occur with all vaccines and medicines. These reactions are rare and treatable. If you have had a severe allergic reaction (e.g., anaphylaxis) in the past, talk with your doctor before getting a COVID-19 vaccine.

Can mRNA vaccines change your DNA?

No. mRNA vaccines, like the ones discussed here, do not change your DNA. mRNA is a normal and natural part of our bodies and viruses. The mRNA in the vaccines does not enter a cell's nucleus – where your DNA is stored. Your cells see the mRNA and use it to make a tiny piece of the virus. Your body then destroys the mRNA and the piece of the virus. Our bodies use this natural cleaning process all the time. Through this process, your body makes defenses against the virus so that you won't get sick with COVID-19.

Why can't we just let everyone get the virus?

To stop the spread of the virus, we need to get "herd immunity." Herd immunity is when enough



people have had the virus or gotten vaccinated to stop or slow the virus's spread. Experts think we need at least 70% of people to be immune to have herd immunity. COVID-19 is a very deadly disease. Over 431,289 Americans have already died from the virus. Still, so far only 7% of Americans have had COVID-19. If we just let people get sick, millions more people would die. Getting the vaccines will keep us safe and save lives.

Who will get the vaccine first?

It will take time to get all 330 million Americans vaccinated. We have not yet made enough vaccines for everyone, but every day we create more. Scientists and doctors have suggested who should get the vaccines first to keep people safe and slow the virus's spread. The first people to get vaccines are people at high risk of getting COVID-19, like health care workers, and people at high risk of dying from COVID-19. This group includes nursing home residents and the elderly. Every vaccine given helps protect all of us and moves us closer to herd immunity.

When will I get vaccinated?

Once the highest risk people are vaccinated, then other people can get vaccinated too. People like teachers and grocery store workers will be next to be vaccinated because they are essential workers. It is hard to say when everyone will get vaccinated. But more vaccines are being made and given every day. You can see which groups of people can get the vaccine right now on your state website or information line. Your doctor may also let you know when it is your turn to get vaccinated. Once it is your turn, get the vaccine right away. Vaccination not only protects you; it helps protect all of us.

How many shots do I need?

For the two vaccines offered at this time, you need two shots. Depending on which vaccine you get (Pfizer or Moderna), you need your next shot 21 or 28 days later. You should try to get your shot on exactly that day. If you can't get the vaccine on that day, get it as soon as you can afterwards.

I've heard vaccines aren't safe. Should I take my chances and get COVID-19?

We strongly recommend that everyone get the vaccine if you can do so. COVID-19 can make people very sick and has killed over 431,289 Americans. The COVID-19 vaccines are very safe.

I already had COVID-19; do I need to take the vaccine?

Yes! Doctors recommend that you get the vaccine even if you have already had COVID-19. You can get the vaccine once you are fully recovered from your illness and released from isolation.

When will a vaccine be ready for children?

There are no COVID-19 vaccines approved for children right now. Doctors and scientists are conducting studies to make sure vaccines are safe and effective for children.

What will life be like after vaccination?

At first, life will not change much. All of us still need to wear masks, practice social distancing, and limit our contact with others. Once enough people are vaccinated, we may start doing more things with our families and friends.

If you take anything away from this article, it should be these three facts:

- 1) The COVID-19 vaccines are safe.
- 2) The vaccines are our best weapons against COVID-19.
- 3) With the help of vaccines, we will begin putting our lives back together. We will overcome this pandemic. We will do it by working together and caring for one another. Protect your circle and get your COVID-19 vaccine when you can.

Urban Indian Health Creates New Website for Vaccine Resources

Urban Indian Health Institute (UIHI) is committed to obtaining and sharing accurate information about the COVID-19 vaccines with our community and has produced resources meant to be used and shared by our American Indian and Alaska Native relatives, tribes, and health-care facilities serving Indian Country.

The purpose of these resources is to provide up-to-date information for those interested in learning more about the vaccines.

[Check out the new website here:](#)

RESOURCES FROM GPTEC:

For print materials related to:

- General COVID Guidance
- Vaccinations
- Gatherings
- Quarantine & Isolation
- Mask Use
- Cleaning Guidance Journal

[CLICK HERE](#)



FUNDING OPPORTUNITIES

Wellmark Foundation MATCH Grant

[The Wellmark Foundation's 2021 MATCH Grant](#) offerings will continue with a focus on projects that:

1. increase or create access to healthy foods and/or
2. built environments that encourage physical activity.

Guidelines and important info are outlined in the 2021 Request for [Applications found HERE](#).

Funding offerings will include:

Large MATCH Grant cycle
Awards/requests up to \$100,000 – 100% match requirement
[Application found HERE](#).
Due by Wed, Feb 17th

Small MATCH Grant cycle
Awards/requests up to \$25,000 – 50% match requirement
Application: will be available in March via the Wellmark Foundation website
Due by Wed, May 26th

Covid-19 Weekly Call

COVID-19 Weekly Call

Every Wednesday, 10 AM MST

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 has an opportunity to provide updates, with up-to-date information on what is happening at the Great Plains Tribal Epidemiology Center and across Tribal Nations and Health facilities.

If you are unable to attend and have questions or updates please

Email:brooke.mcpherson@gptchb.org for questions

CDC Funding

[Tobacco Prevention and Control-Related Public Health Law Technical Assistance](#)

Description: The goals of OSH and the NTCP are to use evidence-based policies, systems, and environmental (PSE) changes to prevent initiation among youth; reduce exposure to secondhand smoke; promote quitting among adults and youth, and identify and eliminate tobacco-related disparities. This funding opportunity will ensure NTCP recipients and their partners have access to specific, timely technical assistance from highly knowledgeable public health law experts in order to implement the strategies proven to reduce morbidity and mortality due to tobacco use.

Applications close: March 1, 2021

[More info available at: View Opportunity | GRANTS.GOV](#)

Rural Health and Safety Education Program

[The Rural Health and Safety Education \(RHSE\) program](#) proposals are expected to be community-based outreach education programs, such as those conducted through Human Science extension outreach that provide individuals and families with: information as to the value of good health at any age; information to increase individual or family's motivation to take more responsibility for their own health; information regarding rural environmental health issues that directly impact human health; information about and access to health promotion and educational activities; and training for volunteers and health services providers concerning health promotion and health care services for individuals and families in cooperation with state, local, and community partners.

The application closes on April 29, 2021. For more information, [click here](#).





UPCOMING EVENTS AND RESOURCES

The Community Health Worker (CHW) Planning and Assessment Toolkit



The Community Health Worker (CHW) Planning and Assessment Toolkit is intended to provide you with background knowledge, resources, tips, and recommendations for hiring and utilizing a CHW. It is ideal for managers and key decision makers advocating for, or implementing, a CHW program at their organization.

[CLICK HERE FOR THE TOOLKIT:](#)

HPOG WEEKLY CULTURAL PRESENTATIONS

The Health Profession Opportunity Grants program will be hosting a series of cultural presentations with Warfield Moose. [The link is HERE.](#)

Warfield will be presenting every Wednesday and Friday in February and March.

12:00 PM - 1:00 PM MT

February 3, 5, 10, 12, 17, 19, 24, 26, 2021

March 3, 5, 10, 12, 17, 19, 24, 26, 31 2021

GREAT PLAINS GOOD HEALTH & WELLNESS COMMUNITY WEBINAR

Diabetes and Covid-19: What You Need to Know

Presented by: Susan Barnes, RN, BSN, CDCES, Avera Sacred Heart Hospital

Those with diabetes have extra incentives to stay on top of their blood sugar levels with the risk of Covid-19. Although people with diabetes are no likelier to get COVID-19 than the general population, they are far more likely to experience severe complications. Join us as we review the extra steps we can take to care for diabetes in the midst of the Coronavirus and discuss what can be done to prepare for quarantine with diabetes.

[REGISTER HERE:](#)

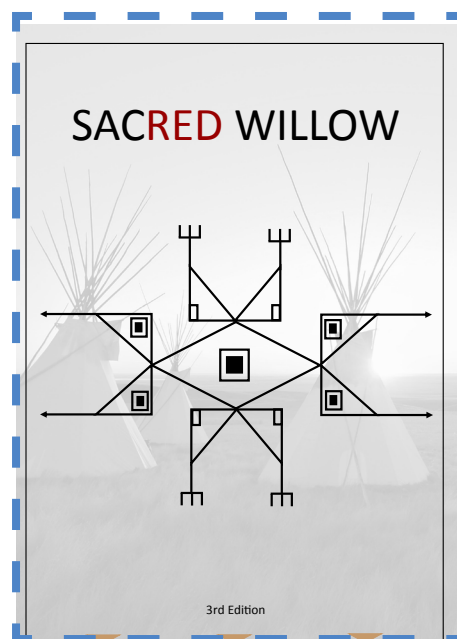
LIVE YOUR BEST LIFE SD

With early diagnosis, prediabetes can often be reversed. By joining the National Diabetes Prevention Program (National DPP), you'll learn how to make small changes, like altering your diet and exercising more, which can help reverse prediabetes and prevent type 2 diabetes. Find an online or in-person program [Here](#).

SACRED WILLOW BOOK

The 3rd Edition Sacred Willow book provides educational stories and resources about the harvesting, preparation, and traditional uses of cansasa, along with creation stories and commercial tobacco cessation tools for the Great Plains region.

[TO DOWNLOAD YOUR COPY PLEASE CLICK ON THE PICTURE BELOW](#)



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