

Sacred Life

Wiconi Wakan



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7th Annual Great Plains
GOOD HEALTH & COMMUNITY WELLNESS VIRTUAL SYMPOSIUM

SEPT. 14, 2021
8:00 AM - 3:00 PM MST

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**FOR MORE INFORMATION SEE PAGE 7
REGISTRATION IS OPEN NOW**

The Great Plains Good Health and Wellness (GPGHW)

Anpétu Wašté,

The Good Health and Wellness Program is nearing the end of its second year. We have been grateful and honored to stand beside our partners as they persevered through challenging times to provide healthy change and promotion for their communities. As a tradition of recognition of our partner's success and hard work, we hope you will be able to join us for the 7th Annual Good Health and Community Wellness Virtual Symposium. You will see and hear firsthand the impact these projects have created in the Great Plains Area. As we celebrate the accomplishments of the Good Health and Wellness Program during its second year, we look forward to another year of opportunity, leadership, and health promotion for all!

TRIBAL PARTNER SUCCESS

MISSOURI BREAKS INDUSTRIES RESEARCH INC

Missouri Breaks has been working on various projects to promote health and wellbeing across the Cheyenne River Reservation. Recently we partnered with the CRST Youth Diabetes Prevention Program to hold a Spring Walk for our community. As part of this, Missouri Breaks provided blood sugar and blood pressure checks and health education materials. We are actively promoting local exercise videos created by our community members. You can watch our videos at

https://www.youtube.com/watch?v=AzOWCjvHXM&list=PLrx-i3_8Pm9MzZo71YCEIS8Ad2GLmj-3nOk.

In addition to holding events and disseminating materials to encourage physical activity, Missouri Breaks has succeeded in securing agreements to place two healthy vending machines in two locations on the Cheyenne River Reservation. This will increase the availability of healthy snack options to community members who don't otherwise have this option at their place of work. Missouri Breaks continues to work with the Canli Coalition of CRST to promote the use of cansasa or traditional tobacco through gifting cansasa to the graduating CRST seniors at their honoring ceremonies this spring. We continue to tend to the Cansasa Garden to provide a loca-

tion for community members to harvest cansasa in the future. Missouri Breaks participates in the monthly Canli Coalition meetings that engage local stakeholders to educate about the harmful impact of commercial tobacco and promote cansasa.

OYATE TECA PROJECT

With the gardening season in full swing, we are happy to report that we have re-opened the farmers market. The market is open daily from 9:00 am to 4:00 pm at the Kyle Youth center. We will be utilizing one of the new open-air merchandisers purchased with our Great Plains Good Health and Wellness grant. Another open-air merchandiser will be set up at one of the convenience stores in one of our surrounding communities. The last one will be placed in our new mobile farmers' truck, which is being custom-built. We are hoping that the truck will be utilized before this 2021 garden season is over. We will be selling fresh, locally grown produce and some shelf-stable staples from the mobile farmers market.

We received great news from the Great Plains staff that we will be part of a pilot hydroponic program that we

anxiously await to implement. Our annual garden tours will be taking place the weekend of July 23-25; we will be visiting 43 gardens located throughout the Pine Ridge reservation. And we are preparing for the upcoming preservation season, teaching our students how to preserve their harvest by demonstrating water bath canning, pressure canning, freezing, and dehydration. We will also incorporate a few of our traditional drying methods and storing of vegetables.

THE WINNEBAGO COMPREHENSIVE HEALTHCARE SYSTEM

The Winnebago Comprehensive Healthcare System continues to make individuals and families their top priority. One-on-one health coaching sessions have been top-rated over the past few months, and we've experienced greater participation in group programs as well. Our coaching sessions are in place with COVID restrictions. These sessions are due to the positive word of mouth spread by community members. Events such as our July Pow Wow and the prominent display of our Mobile Clinic reinforce our mission to be patient-centered and respectful of Tribal beliefs.



SANTEE HEALTH & WELLNESS CENTER

The Santee Health & Wellness Center’s multidisciplinary team has been in full gear this project year. Not only have we had the opportunity to work with KAT Marketing’s Native Reach team to enhance our communication strategies and platforms, but we also could kick off summer programming with live in-person health and wellness events. Thus far, six community wellness events have been hosted that have emphasized physical activity. Events have spanned from youth, adult, and multi-generational activities that have reached over 300 individuals! Additionally, we are excited to break ground on our outdoor synthetic turf recreation area, which will give us even more opportunities for safe outdoor wellness activities.



SPIRIT LAKE TRIBE'S SACRED LIFE CENTER

The Special Diabetes Program for Indians of Spirit Lake has had a busy and fun summer! We have hosted a one-week camp specifically for diabetic children. The children learned what diabetes is, how to live with being a diabetic, check blood sugars correctly, what their medication is and what it does, and the importance of a healthy diet and exercise. The Wicozani Waste Wicoti (Good Health Camp) is a two-week camp designed for pre-diabetic children. The camp curriculum has been filled with nutrition education, physical activities, and health education. The children of all three centers enjoyed picking juneberries, making tie-dye shirts and towels, playing health education bingo, gardening, fishing, going on a pontoon, making lunch, and of course, fun and games. We look forward to canning our fresh fruit and vegetables from our garden.



SISSETON WAHPETON OYATE

Now that our Healthy Family Initiative has taken off, we have seven families signed up with our Family Outreach Coordinator. With this new program, we have not only been able to fill a void that we feel has been here in our community, but it has also helped our program overall. Our Healthy Family Initiative is geared towards families. Still, an unexpected outcome is individuals who no longer have any kids in the house that want to sign up for a program. Our Family Program is the same program we use for our SDPI grant; we add Sanford Fit to accommodate our children. That is not only helping our Great Plains Good Health and Wellness goals, but it's helping all our other goals as well.

TEAMWORK does make the DREAM-
WORK.



BREASTFEEDING AND GOOD ORAL HEALTH

Breastfeeding has proven to have countless benefits for both mother and baby. Many people are aware that it protects against allergies and eczema, reduces the risk of viruses and certain infections, and can even lessen the threat of SIDS. But did you know that breastfeeding can also affect the oral health of your baby?

Breast milk provides children with the essential nutrients they need to grow and thrive. Each of these nutrients is important for maintaining healthy gums and teeth once they erupt.

Breast milk contains:

- **Fatty acids** to reduce inflammation.
- **Proteins** to help build strong jaw muscles.
- **Vitamins** for good overall oral health.

As well as the continuing benefits to the health of mother and child, breastfeeding promotes optimal jaw and tooth development. A breastfed child is less likely to suffer from crooked teeth, and the longer the child has breastfed, the more significant the risk reduction. A breastfed baby is also less likely to suffer from discoloration of teeth caused by excess fluoride.



While any child can suffer from tooth decay, bottle-fed babies are more likely to develop cavities. Baby bottle tooth decay can occur due to frequent, prolonged exposure of a baby's teeth to beverages that contain sugar, for example, when a baby is put to sleep with a bottle. Breastfeeding minimizes the risk of baby bottle tooth decay as most babies who breastfeed are not usually exposed to milk for as long of a period as bottle-fed babies. Breastfeeding can also ward off cavities in other ways. Breast milk contains antibodies that help fight back against harmful bacteria in the mouth. This antibiotic effect of antibodies helps counteract tooth decay's impact to help children maintain a healthy smile.

Breastfeeding mothers should pay close attention to oral health during nursing. It is important to care for your teeth during every stage of life, but the changes in life situation and physiology make dental care critical when breastfeeding.

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Keep your teeth healthy by:

- **Drinking fluids when you feel thirsty:**

Remember to drink a tooth-healthy beverage like water when you get thirsty. You will make more saliva that cleans and protects your teeth naturally.

- **Brush twice a day and floss once daily:**

Maintain regular oral hygiene, no matter how busy you get.

- **Get enough calcium:** A daily calcium intake of 1,000 mg or two servings of milk/alternatives is recommended.

While the health of your child is your priority, it is also essential to take time for yourself. Motherhood is a big responsibility but don't neglect your health, including your oral health.



FEED YOUR DNA TIP | GREAT PLAINS GOOD HEALTH & WELLNESS

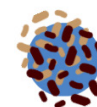
SUPERFOODS FOR BREASTFEEDING

YOGURT



OATMEAL

SALMON



LEGUMES/BEANS

LEAFY GREENS



APRICOTS

SWEET POTATOES



RED MEAT

EGGS



AVOCADO

WATER

[ps://news.sanfordhealth.org/womens/top-10-breastfeeding-superfoods/](https://news.sanfordhealth.org/womens/top-10-breastfeeding-superfoods/)

TEXTING SERVICE HELPS REDUCE PATIENT WAIT TIME AT OYATE HEALTH CENTER

RAPID CITY –Reducing patients wait times, limiting no-show rates, and maximizing provider productivity is an important mission of the Oyate Health Center. A new patient texting service helps to accomplish all three of these goals.

We all know that in today's busy world it is difficult to keep track of all our commitments. The Oyate Health Center hopes its new texting service will help patients keep better track of their appointments and help open new ways of interacting with providers.

Lezley Kempf has spent almost three decades working for the Great Plains Tribal Leaders' Health Board as its internet and technology expert. He sat down with us to explain this new texting service.

What can you tell us about the phone and text reminder service and how it came about?

"The phone and text reminder service is an automated system that will send either a phone call or text reminder to the patient two days before their appointment." Lez explained further, "patients must enroll in the system to use the features." "The reminder message sent to patients will be somewhat detailed", said Lez. "And similar to the following, you have an appointment with Dr. Harlow at 8 AM at the Oyate Health Center on Tuesday, June 22nd."

Who can use this system?

Lez stated, "individuals must have a chart at the Oyate Health Center to use this service. Patients must enroll in the system before they can use it.

Patients have the choice to opt into either the phone or text reminders. Reminders can be changed from phone to text or vice versa at any time based on the preferences of the patient."

What are some other features of this system?

"We added an option so patients can confirm, cancel, or reschedule appointments through the text or phone call reminder service," Lez explained. This feature makes it easier for patients to make any adjustments they may need to their appointments quickly.

Are there any device requirements?

"No, there are no device requirements to use this new system. Anyone can use this service if they have a landline. Patients wishing to use the text reminders must have a cell phone," said Lez.

Can you access specific health information using this service?

Your health information is never shared through this system. Lez explained, "there is no personal health information or personally identifiable

information shared by the reminder system." Patients' information is always kept safe, secure, and private. This system only reminds patients about upcoming appointments. Lez noted that, "patients cannot correspond with their providers through this service."

Will there be any services added?

"This current service does not include dental appointments. That is a separate system. We are working on getting that implemented so dental patients can use have reminders as well," said Lez.

When can we start using the service?

The phone and text reminder system is already in place. Patients registered at OHC can call (605-519-5606) to opt into the phone or text reminder service.

If you need help setting up the text reminder service, please call the main number (605-355-2500) to speak with patient registration. Patient registration can help you enroll in the system, set up whatever reminders you wish to use, or adjust your current reminders.



**THANK YOU
FOR ANSWERING
THE CALL
TO PROTECT
THE PEOPLE.**

HEALTH AND FITNESS FOR THE MATRIARCH

A matriarch is a woman who is the head of a family or tribe. You can go to any male with half a brain and ask who the boss is and he'll answer, "she is." In Lakota culture, women are the givers of life and sacred beings and have always had a voice in society. Women today continue to carry on these traditional norms in the home and at work.

With woman's pivotal role in society, their health then becomes of paramount importance. After all, a person can only take care of others as well as they take care of themselves. If a woman is ill, has health problems, or just isn't functioning at her best, it affects everyone she knows. This is a compounding issue. It doesn't just affect the spouse and/or family, it affects everyone.

This leaves us with one question: How can a woman maintain or improve her health? There are two areas plagued with bad advice for women: Diet and Exercise. We are going to help you sidestep a few common errors specific to women.

Dietary Recommendations:

- Stop dieting and start eating! Eat for health, not weight loss. Quali-

ty Food Counts!

- Pick an eating strategy and stick with it: 3 meals a day, 3 meals and 2 snacks, 2 meals a day, etc. Consistency always trumps intensity.
- Avoid eating big meals or snacks late at night. Do NOT overeat.
- Do NOT graze. Eating undefined portions of food during undefined periods of the day.
- Fluctuating energy levels are often a sign of protein deficiency. Include protein in each meal.
- Don't avoid fat but eat from quality fat sources.
- Big Take Away: Develop a relationship between the food you eat and your body. Know how you feel after you eat certain foods. If you don't like the feeling, change it.

Exercise Recommendations:

- 80/20 Principle: 80% of the focus and energy should be on the diet and only 20% on exercise.
- Work against resistance! This means weight training NOT cardio. Weight training builds muscle which increases your metabolism and gives you the natural curves you want to accentuate.
- Posture and technique matter! If the exercise feels bad and looks bad, it is.

- Everyone is an athlete. Women have a tremendous capacity for work. Don't let society dictate how strong you should be.
- PMS is real! This makes for a great opportunity to use machines, light cardio, work-in exercise, or take a day off.
- Use compound exercises (multiple joints and muscles working simultaneously). Example: squat, lunge, deadlift, etc.
- Myth: Women can get big and muscle-bound like men when weight training. FALSE!!!

Use self-love and compassion to fuel your journey. Remember, there is no "right" size or shape. You have always been perfect and self-improvement is always the process. Important: The more of these recommendations that you have to change, the longer it will take to bring your body into balance. For instance, when women start eating right for their body, it is normal and expected to gain anywhere from 6-12 pounds until their body reaches its set-point. Don't worry. Don't look at a scale. Trust the strategy. Be consistent. Focus on how you feel. Believe. You are worth it.



UPCOMING EVENTS




SEPT 14
8:00 AM
3:00PM
MST

TOPICS INCLUDE

Good Health and Wellness Partner Spotlight on Community Clinical Linkages and PSE Implementation in Tribal Communities, Storytelling, Traditional Foods Cooking Demo with Chef Kim Tilsen-Brave Heart

REGISTER NOW

This publication was supported by the Cooperative Agreement Number NU55P0006729, funded by the Centers for Disease Control and Prevention.

SOCIAL MEDIA TOOLKIT TRAINING

Join us to learn about the benefits of using social media for health promotions! We will dive into the Social Media Toolkit to review the basics of Facebook, Twitter, and Youtube. We will discuss analytics, tools for growing your page, targeting audiences, and more!

Learn with Brandon Ecoffey, the Communications Director for Great Plains Tribal Leaders Health Board, and Madonna Dolphus, the Health Educator/Graphic Designer for the Good Health & Wellness Program.

AUGUST 12 @
1:00 PM MST | 2 PM CST

REGISTER HERE:
https://us02web.zoom.us/webinar/register/WN_4PVqh8M_QNGgLEzlwazoiA

SMOKE-FREE HEALTH THROUGH THE POWER OF POLICY

Presented by Hudson Kingston, Staff Attorney, Public Health Law Center

August 19 @1 PM MST

REGISTER HERE:
https://us02web.zoom.us/webinar/register/WN_DZjtk9foRLGjVdL05hb-k6Q

LEARNING COLLABORATIVE WEBINAR SERIES

Adapting to a changing public health and healthcare environment: Evidence-based decision making to inform disease prevention and control

The global impact of COVID-19, increasing health disparities, and the growth of science-based interventions demand the use of proven strategies to provide the opportunity for the health of every South Dakotan. The learning collaborative series is designed to inform professionals regarding strategies to facilitate and integrate evidence-based decision-making into professional roles, organizations, and systems.

- **September 21, 2021:** Adapt Interventions to Fit Your Population
- **November 16, 2021:** Data Analysis, Dissemination, and Evaluation
- **January 18, 2022:** Understanding and Addressing Cultural Competency and Humility to Improve Health Equity

Register for one or more sessions at:
<https://bit.ly/3xF7soH>

NATIONAL NATIVE NETWORK WEBINAR

Target Audience: Physicians, nurses, health educators, administrators, and support staff working with American Indian and/or Alaska Native communities.

Title: The American Indian Commercial Tobacco Program: Five Year Evaluation
Date: Wednesday, August 18, 2021
Time: 3 - 4 p.m., EDT

Presenter: Thomas Ylioja, PhD, MSW
Clinical Director, Health Initiatives
National Jewish Health

REGISTER HERE:
https://zoom.us/webinar/register/WN_W432y1P4QZ26yZc35mtH-A

GPGHW 7TH ANNUAL SYMPOSIUM

SEPT 14 8:00 AM-3:00 PM MST

The Great Plains Good Health and Wellness Program is proud to welcome you to our gathering. Together we will celebrate the successes of the Good Health and Wellness in Indian Country initiative here in the Great Plains Area.

- TOPICS INCLUDE:**
- Partner Spotlight
 - Community Clinical Linkages (CCL)
 - Traditional Foods Cooking Demo with Chef Kim Tilsen-Brave Heart

REGISTER NOW
<https://us02web.zoom.us/meeting/register/tZMvceihqz4tH9S-wfWN-owqcBU9q8SpwXGCY>

FUNDING OPPORTUNITIES & RESOURCES

OFFICE OF MINORITY HEALTH

Office of Minority Health Notice of Funding Opportunity: Center for Indigenous Innovation and Health Equity

This notice solicits applications for projects to establish a Center for Indigenous Innovation and Health Equity (CIIHE), for which OMH will provide the organizational structure and operational framework. The CIIHE will support efforts including education, service and policy development, and research related to advancing sustainable solutions to address health disparities and advance health equity in the American Indian and Alaska Native (AI/AN) and Native Hawaiian and Pacific Islander (NHPI) populations. The CIIHE award recipients (awardees) will function as a single initiative, coordinated by OMH, through two cooperative agreements to be awarded through this funding opportunity.

Read more at: <https://www.grants.gov/web/grants/view-opportunity.html?opId=333132>

STAR COLLECTION BOOKS

Closing Date: August 16, 2021

CDC's the Star Collection is now available. The Star Collection books for young American Indian and Alaska Native (AI/AN) readers features and celebrates feeling connected to culture and community and having positive relationships with others that are safe, stable, and nurturing. The Friendship Makers and related promotional materials is available for download. By September 2021, we will be adding the Stars that Connect Us. Books are written and illustrated by Marisa Erven (Coquille Tribe of Oregon) and were inspired by CDC's Eagle Books.

For More Information: <https://www.cdc.gov/injury/tribal/starcollection/>

THE NATIONAL INDIAN HEALTH BOARD'S (NIHB) COVID-19 TRIBAL RESOURCE CENTER

The National Indian Health Board (NIHB) has constructed the COVID-19 Tribal Resource Center to serve as the hub for a Tribal COVID-19 response. The page houses community health tools, resources for providers and healthcare facilities, links to recordings of past Community Health Calls and Webinars, and other resources.

<https://www.nihb.org/covid-19/community-health-tools/>



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