

Sacred Life

Wiconi Wakan



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GREAT PLAINS GOOD HEALTH AND WELLNESS
8TH ANNUAL SYMPOSIUM

SAVE THE DATE

WED-THURS · JULY 27-28 · RAMKOTA HOTEL, RAPID CITY



REGISTER NOW

SEE PAGE 7 FOR DETAILS

The Great Plains Good Health and Wellness Program (GPGHW)

Anpetu Waste,

Spring has sprung and the Good Health and Wellness Program is excited to share all of our upcoming Spring and Summer activities! Happening this July will be the 8th Annual Great Plains Good Health and Wellness Symposium. After two years of gathering virtually we are grateful for the opportunity to come together in person and share our stories. All are welcome and we hope you can join us for this free two day event of inspiring Health Promotion and Disease Prevention initiatives taking place within the Great Plains. Alongside vendors and activities will be local guest speakers sharing their knowledge around food sovereignty, commercial tobacco cessation, and lessons in heart disease, stroke and type 2 diabetes prevention. Leading up to this event the tribal partners of the Good Health and Wellness Program are hard at work implementing healthy change in their communities. We hope this issue of Sacred Life encourages you to celebrate your health and take the steps to a fulfilled life.

TRIBAL PARTNER SUCCESS



Group Photo from Cancasa Retreat. Photo Credit: Fran Carr

Missouri Breaks Industries Research Inc.

This month with our grant partners, we have been busy! Our primary focus is working on Monthly Health Campaigns to get more information out to our community using various media, staying informed on different health topics. This month is Take Down Tobacco and Alcohol Awareness Month. We have a lot of excellent information on our Missouri Breaks Industries Research Inc. Facebook page and our CRST Wicozani Waste Oyanke page.

We enjoy researching these topics, learning with the community, and sharing by going on our local radio station KIPI. Missouri Breaks is excited to expand our public health initiatives with support from the Great Plains Tribal Leaders Health Board to include collaborations with local community gardens. We will partner with four locations across Cheyenne

River this spring and summer to develop or expand community garden projects. We are excited to support our partners in increasing access to fruits and vegetables in our community. The Canli Coalition participated in a Cancasa Retreat at the beginning of March. It was a fantastic turnout, and stories were shared at the veterans building. Participants learned how to harvest Cancasa in many different ways and will be able to share with family and friends. Some of the Canli Coalition members will be working with local students in Timber Lake for their graduation honoring. We will be co-hosting a "Walk the Land" 5K at the end of April along with our local CRST Walking Club. We love working with our community to help them make healthier lifestyle choices, build a better community, and to make a good path for future generations to follow.



Red Willow by the river. Photo Credit: Fran Carr

Santee Health and Wellness Center

Education, fun, and wellness! The Santee team is getting all the fine-tuning portions of their summer wellness program ready to soon kick-off! We are getting ready to enhance our summer wellness program in collaboration with several other community partners. By utilizing a combination of in-person community events and education videos, our team will offer weekly youth sports camps with notable speakers and athletes at each camp, youth and adult nutrition courses in which access to healthy meals will be increased, and fitness education to a new target population- our pregnant momma's!



SWO Healthy Families Initiative

The Spirit Lake Tribe's Sacred Life Center

The Spirit Lake Tribe's Sacred Life Center has been busy planning for the summer youth camps. There will be three 4-day camps in June focusing on physical fitness and nutrition education for ages 8-12 and 13-17. July will be the camp for the after-school "Power Hour" program students. They will tend to their gardens that they start in May and will participate in physical and nutrition activities. As the school year is wrapping up, so is the fitness program used for the Power Hour. The students enjoy learning and engaging in the activities.

THE WINNEBAGO PUBLIC HEALTH NURSING DEPARTMENT

The Winnebago Public Health Nursing Department (WPHND) partnered with Dr. Rex Monif's 10th Annual Easter Egg-Stravaganza for an opportunity to provide blood sugar and blood pressure screening. The mobile nursing unit was staffed by the public health nurses and diabetic educators for the screenings. A new blood glucose machine and a new cholesterol machine will be available for screenings for the WPHND-sponsored in-person National Women's Health Day Event planned for May 18th.



Winnebago Easter Egg Hunt

SISSETON WAHPETON OYATE DIABETES CENTER

Classes are picking up at the Sisseton Wahpeton Oyate Diabetes Center, averaging 7-10 participants each class. The Healthy Families Initiative is geared toward prediabetes and lifestyle change education for the whole family. A healthy lunch and exercise are essential when meeting with participants. With the easing of restrictions, people are becoming a little more comfortable returning in person to the facility. Families begin with a health assessment, goal setting, weekly meetings, and meal prep. It is exciting to start offering live classes and events again!



SWO Fitness Center Class

Food and Mood Project



The link between consistent access to nourishing, culturally diverse food sources and children and youth emotional wellness is well documented. And we know that consistent access to healthy traditional food sources promotes food sovereignty and feeds not only our bodies but our spirits! In this way, food sovereignty supports overall health, including behavioral health.

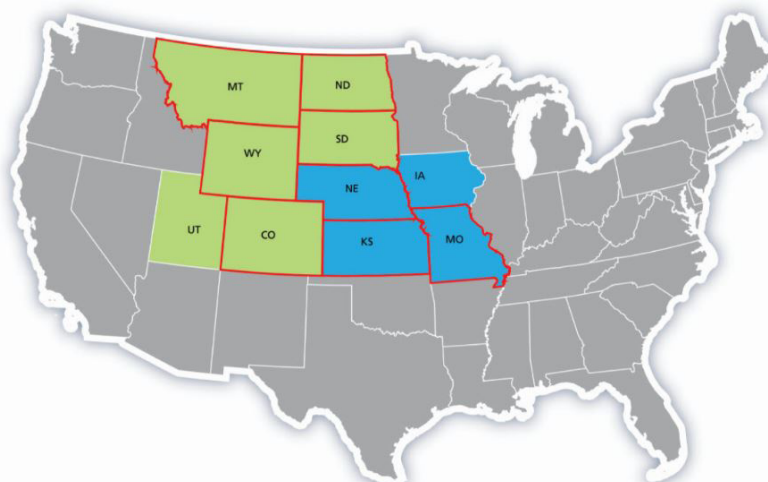
The Food and Mood Project is a partnership between the US Department of Health and Human Service, Substance Abuse and Mental Health Services Administration (SAMHSA) Regions 7 & 8, and the US Department of Agriculture, Food and Nutrition Service (FNS) Mountain Plains Region; to facilitate a collaborative of state, tribal and community behavioral health, education, nutrition, food insecurity, school garden, and related experts.

The Project aims to promote emotional wellness and reduce the impact of mental health and substance use issues in the combined regions' K-12 population by identifying and implementing strategies that address the intersection between behavioral health and food/food insecurity/cultural food diversity/school gardens.

There are three subcommittees under The Food and Mood Project:

- **Emotional Wellness and Culturally-Appropriate Food/Food Sovereignty:** This subcommittee works to identify/develop/promote resources and strategies that leverage access to and promote menus that reflect culturally diverse food/food sovereignty to protect and support emotional wellness, as well as to help mitigate historical trauma and the short and long-term behavioral health impacts of lack of access to local/sustainable and culturally appropriate food.
- **Emotional Wellness and Food Security/Equity:** This subcommittee works to identify/develop/promote resources and strategies that address food security/equity to protect and support emotional wellness and mitigate the short and long-term impacts of food insecurity/inequity on emotional wellness/substance misuse.
- **Nourishment for Emotional Wellness:** This subcommittee will identify/develop/promote resources and strategies that leverage food and gardening/farming as self-care/emotional wellness promotion, in contrast to popular culture messaging that may be associated with negative body image and associated mental illness/substance use disorders.

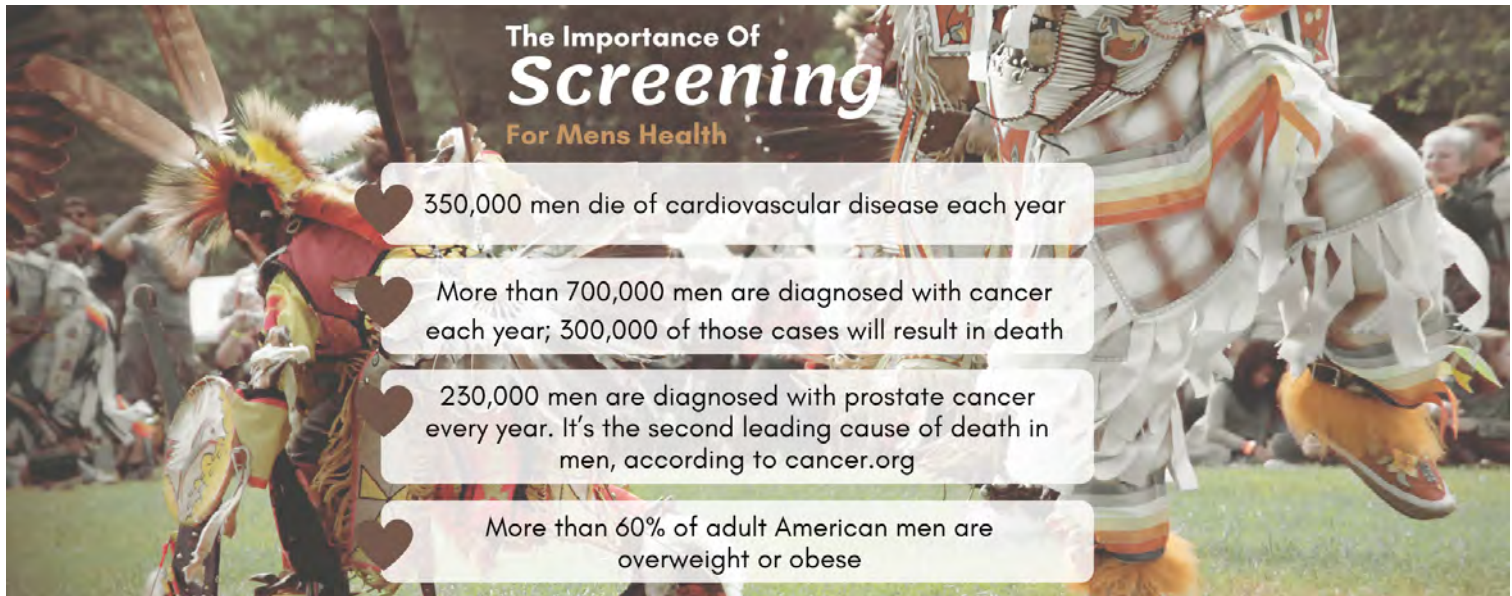
Food and Mood Program Regions



● SAMHSA Region 7 ● SAMHSA Region 8 — USDA Mountain Plains Region

For more information, visit: <https://www.samhsa.gov/about-us/who-we-are/regional-offices/food-and-mood>

HONORING WICOZANI WICASA – MEN’S HEALTH



It's long been the norm to put health on the back burner, especially for men. Life is busy, and health isn't always the main priority (though it should be). However, there are many threats to men's health, such as heart disease, cancer, and unintentional injury. According to Harvard Medical School, men are more likely to drink alcohol and use tobacco, make risky choices, and not see a doctor for regular checkups. Due to these difficult choices, men are more likely to have health complications. Did you know many of these are preventable? Making changes to daily lifestyle choices such as being more conscious of what you eat and adding physical activity can make a world of difference. While it's easier said than done, it can have a positive lasting impact if followed through.

Statistics to consider:

- **350,000 men die of cardiovascular disease each year.**
- **More than 700,000 men are diagnosed with cancer each year; 300,000 of those cases will result in death.**
- **230,000 men are diagnosed with prostate cancer every year. It's the second leading cause of death in men, according to cancer.org.**
- **More than 60% of adult American men are overweight or obese.**

Screening can be one of the best things a man can do for his health. If, by chance, something is discovered, it's best to get ahead of the problem to ensure you can have the best chance at a positive outcome. Screenings can include looking for lung cancer, prostate cancer, testicular cancer, colorectal cancer, skin cancer, hypertension (high blood pressure), cholesterol levels, Type 2 diabetes, HIV, and glaucoma. Ultimately, the necessary screenings are based on a person's age along with other factors.

It is our hope that there will be more awareness around the health of men and that people will encourage their male loved ones to schedule checkups and take a proactive approach in addressing their health – both physical and mental.

Sources

- <https://www.mayoclinic.org/healthy-lifestyle/mens-health/basics/mens-health/hlv-20049438>
- <https://www.cdc.gov/nchs/fastats/mens-health.htm>
- <https://www.health.harvard.edu/topics/mens-health>

KEEP AN EYE ON YOUR VISION HEALTH

According to the National Eye Institute and the Centers for Disease Control (CDC), May is Healthy Vision Month! This month, let's reflect on and be grateful for the gift of vision.

Being overweight or obese, having a family history of eye disease, being African American, Hispanic, or Native American, and advanced age are all risk factors for eye diseases. People with diabetes, poor hearing, heart problems, and high blood pressure are also more likely to have vision problems. If you meet this criterion and are concerned, it's essential to talk to your doctor.

Although many value eyesight above other senses, most do little to address the health of their eyes. But taking care of your eyes may also benefit your overall health.

Five ways to celebrate:

- Get a routine eye exam with dilation (if applicable)
- Take Omega-3 Fatty Acids
- Give your eyes a rest
- Eat a healthy diet
- Wear sunglasses and protective eyewear regularly

Diabetes and Your Eyes: What You Need to Know

When a person has diabetes, their body is not responsive to or does not produce insulin. Insulin is a hormone that delivers glucose (blood sugar) to the cells within the body. Too much glucose in the bloodstream outside of the cells can damage blood vessels and nerves both throughout the body and the eyes. Diabetic eye diseases include diabetic retinopathy, macular edema, glaucoma, and cataracts. While each of these diseases is unique in its own way, the person's vision is impacted either partially or entirely.

Complications can include swelling, blurred or distorted vision, cloudy buildup in the eye's lens, or increased pressure.

Diabetic Eye Disease Prevention:

- Controlled blood sugar
- Lowered blood pressure and cholesterol
- Smoking cessation

Sources






<https://www.cdc.gov/visionhealth/healthyvisionmonth/index.htm#:~:text=May%20is%20Healthy%20Vision%20Month,check%20for%20common%20eye%20problems.https://www.nei.nih.gov/learn-about-eye-health/healthy-vision/keep-your-eyes-healthy>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/diabetes-and-your-eyes-what-you-need-to-know>

PROTECT YOUR VISION FROM DIABETES



Have a **dilated eye exam** every year, and follow these steps to keep your health on **TRACK**.

T	R	A	C	K
				
Take your medications as prescribed by your doctor.	Reach and maintain a healthy weight.	Add more physical activity to your daily routine.	Control your ABC's—A1C, blood pressure, and cholesterol levels.	Kick the smoking habit.

www.nei.nih.gov/diabetes



UPCOMING EVENTS

USE SUPPORTIVE DISCIPLINE CONVERSATIONS TO BUILD ACCOUNTABILITY & COMMUNITY

The North Dakota Department of Health Oral Health Program has partnered with the University of North Dakota and Project ECHO™ to offer free, one-hour, live, virtual trainings carrying continuing education credit for dental team members and other health professionals. These sessions provide training and case presentations on dozens of topics specific to dental practice in North Dakota. Topics were identified by a team of oral health professionals from around North Dakota including private practice, community health centers, and IHS dental clinics and include DAs, DHs, public health dentistry, and DDS and DMDs.

Time: 12:00 – 1:00 pm CT

Where: <https://ruralhealth.und.edu/projects/project-echo/topics/dentistry/upcoming-clinics>

- **May 11:** Caring for Patients Who Are Covered by Medicaid and Billing for These Services
- **May 25:** Connecting Dental Professionals with Emergency Departments: Reducing Use of the ED for Dental Pain
- **June 8:** Dementia Friendly Dental Practices: Patient Management Tips
- **July 13:** Caring for Patients Who Are Indigenous in North Dakota
- **August 10:** Dementia Friendly Dental Practices: Treatment Planning

GREAT PLAINS PARTNERS IN CANCER SCREENING CONFERENCE

**SAVE THE DATE! MAY 25 & 26
BEST WESTERN RAMKOTA, RAPID CITY**

Register NOW: <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ej4t1v7t76126b38&oseq=&c=&ch=>

The Great Plains Partners In Cancer Screening Conference will provide an opportunity for individuals in the Northern Plains region to learn more about cancer prevention, screening, and survivorship. The conference will bring together a diverse group of stakeholders across the Cancer Continuum, providing opportunities for discussion and exchanging ideas on best practices that will lead to future progress.

COVID guidelines will be followed.

8TH ANNUAL GREAT PLAINS GOOD HEALTH AND WELLNESS SYMPOSIUM

Please join us for our 2022 8th Annual Great Plains Good Health and Wellness Symposium!

This is a two-day event that will be held at the Best Western Ramkota Hotel and Convention Center on Wednesday, July 27th and Thursday, July 28th in Rapid City,

South Dakota.

Registration is now open and the following link can be used:

<https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ej56yjn-q5fddd689&oseq=&c=&ch=>

After registering you will receive a confirmation email with the details listed here.

Please note that limited travel stipends are available. If this is something you would like to utilize, please reach out to me for more information on applying.

Vendor booth space is available free of charge. **To register for a vendor booth please click here.**

<https://events.r20.constantcontact.com/register/eventReg?oeidk=a07ej5ywec-04711776b&oseq=&c=&ch=>

We hope to see you all there!



Join the South Dakota Cardiovascular Collaborative!



SOUTH DAKOTA
CARDIOVASCULAR
COLLABORATIVE

Contact Rachel Sehr at 605-367-5356 or Rachel.Sehr@state.sd.us

<https://doh.sd.gov/CardioCollaborative/>



FUNDING OPPORTUNITIES & RESOURCES

SOUTH DAKOTA DEPARTMENT OF HEALTH

The South Dakota Department of Health is pleased to announce the Health Improvement Innovation Request for Applications. This funding opportunity is intended to support strategies that have a deliberate focus on health improvement and include supportive activities to address barriers or unintended outcomes underserved populations may face. Successful applicants will be awarded up to \$25,000. Applications will be accepted and awarded on a rolling basis.

For more information, please visit doh.sd.gov/healthequity.

EMERGENCY OPERATIONS CENTER: RAPID MENTAL HEALTH ASSESSMENT

Rapid Mental Health Assessment: the goal is to assess the status of mental health in the GPA due to the effects of the COVID-19 pandemic.

<https://survey.alchemer.com/s3/6758873/Mental-Health-Assessment>

Open through May 30. Every person who responds will be entered into a drawing for a 4-person 72-hour survival kit. We will be giving 25 survival kits away. The drawing will take place on May 31.

The EOC is recruiting volunteers in the He Sapa area to join our Native Community response team. NCRT volunteers will receive 40 hours of

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training (12 in-person and 18 hours on-line). Volunteers are deployed to emergency situations in the American Indian Alaska Native Community in Rapid City to provide prayer, traditional medicine, song, and to ensure families are connected to wrap-around resources that can assist them on their journey to recovering from trauma and disaster. This team works in partnership with the Rapid City Police Department to ensure culturally appropriate resources are available to families in Rapid City. Apply here: QR Code

Please call 605 721 5269 if you have been diagnosed with COVID-19, are in quarantine, or need covid-19 mitigation supplies. EOC provides PPE to tribes, tribal programs, and organizations that serve tribal members.

MATCHING ASSETS TO COMMUNITY HEALTH REQUEST FOR APPLICATIONS

Access to and the consumption of healthy foods.

Why?

Because good nutrition is a cornerstone to optimal health and well-being.

Due: Wed, Sept 21 to Wellmark Foundation for projects that encourage consumption of healthy foods

Request amount up to \$50,000. Required match amount equal to half the request amount

More info at: https://www.wellmark.com/-/media/sites/foundation/files/wellmark-foundation-match-rfa.pdf?sc_lang=en&hash=EE7F37915B9546336A6AD-678046FBDCA

LOCAL FOOD PURCHASE ASSISTANCE COOPERATIVE AGREEMENT PROGRAM (LFPA)

The USDA Agricultural Marketing Service is establishing the Local Food Purchase Assistance Cooperative Agreement Program (LFPA). The LFPA program is part of the "Build Back Better" initiative, authorized by the American Rescue Plan. The purpose of this program is to maintain and improve food and agricultural supply chain resiliency and program will award up to \$400 million through non-competitive cooperative agreements with state and tribal governments to support local, regional, and socially disadvantaged farmers and ranchers through the purchase of domestic local foods. Local and regional farmers and ranchers are those within the state or 400 miles of delivery destination. The cooperative agreements will allow for state and tribal governments to procure and distribute local and regional foods and beverages that are healthy, nutritious and unique to their geographic area. The food will meet the needs of the population, and serve feeding programs, including food banks, schools and organizations that reach underserved communities. In addition to increasing local food consumption, funds will help build and expand economic opportunity for local and socially disadvantaged producers.

Eligible state and tribal governments can apply now at www.grants.gov.

Deadline: May 6, 2022

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GREAT PLAINS GOOD HEALTH & WELLNESS TEAM