

Public Health Newsletter



May

is

Mental Health Awareness Month

UNDERSTANDING Mental Illness

Mental illnesses are **medical conditions** that **disrupt a person's thinking, feeling, mood, daily functioning and ability to relate to others.**

Mental illness doesn't develop because of a person's character or intelligence. Just as diabetes is a disorder of the pancreas, **a mental illness is a disorder of the brain** that can make it difficult to cope with the ordinary demands of life.

No one is to blame—not the person and not the family.

Currently, there are no blood tests or tissue samples that can diagnose mental illnesses. Diagnoses are based on **observations of behavior in the person and reports from those close to the person.**

Symptoms vary from one person to another, and each person responds differently, which complicates getting an accurate diagnosis. The most common mental illness diagnoses include **depressive disorder, bipolar disorder, schizophrenia and anxiety disorders**, but there are many others. Regardless of the diagnosis, **symptoms can be similar and can overlap, especially in times of crisis.**

Information on this page, page 2 and 3 adapted from "Navigating A Mental Health Crisis," published by the National Alliance on Mental Illness (NAMI) at www.nami.org.

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Grief and Loss

During the COVID-19 Pandemic



Grieving the loss of a loved one while coping with the **fear and anxiety** related to the COVID-19 pandemic can be overwhelming. Social distancing, “stay-at-home-orders,” and limits on the size of in-person gatherings have **changed the way people can gather and grieve**, including holding **traditional funeral services, regardless of whether or not the person’s death was due to COVID-19.**

You may also feel distress due to **other types of loss or change**. They might include: loss of a job; **inability to connect in-person** with friends and family; **missing special events and milestones**; and experiencing **drastic changes** to daily routines and ways of life. You may also feel a **sense of guilt** for grieving over losses that **might seem less important** than loss of life. Remember, grief is a universal emotion; there is no right or wrong way to experience it, and **all losses are significant.**

Children may **show grief differently** than adults. Children may have a **particularly hard time** understanding and coping with the loss of a loved one. Sometimes children appear sad and talk about the person or act out. Other times, they play, interact with friends, and do their usual activities. They may also **grieve over loss of routines** such as going to school and playing with friends. Parents and other caregivers **play an important role** in helping children process their grief.

Signs that children may need additional assistance include **changes in their behavior** (such as acting out, not showing interest in daily activities, changes in eating and sleeping habits, anxiety, sadness, or depression). **Speak to the child’s healthcare provider** if troubling reactions seem to go on too long or if you are unsure of or concerned about how a child is doing.

Some Ways To Cope

- ◆ Invite people to call or zoom with you.
- ◆ Ask family and friends to share stories and pictures.
- ◆ Create a memory book or blog about your loved one.
- ◆ Plant a tree or prepare a favorite meal in their memory.
- ◆ Seek out support or counseling from trusted friends, community members, or grief services.
- ◆ Find ways to express grief, such as art, music, or gardening.
- ◆ Play online games with friends and family.
- ◆ Take care of yourself and model coping skills for the children in your life.
- ◆ Spend time with children you care for and do activities you all can enjoy.
- ◆ Help children to communicate their thoughts and feelings and plan time for them to do so in creative ways.

Symptoms of Mental Illness

Social Withdrawal

- ✓ Sitting and doing nothing for long periods of time
- ✓ Losing friends, unusual self-centeredness and self-absorption
- ✓ Dropping out of previously enjoyed activities
- ✓ Declining academic, work or athletic performance

Irregular Expression of Feelings

- ✓ Hostility from one who is usually pleasant and friendly
- ✓ Indifference to situations, even highly important ones
- ✓ Inability to express joy
- ✓ Laughter at inappropriate times or for no apparent reason

Mood Disturbance

- ✓ Deep sadness unrelated to recent events or circumstances
- ✓ Depression lasting longer than two weeks
- ✓ Loss of interest in activities once enjoyed
- ✓ Expressions of hopelessness
- ✓ Excessive fatigue, or an inability to fall asleep
- ✓ Pessimism; perceiving the world as gray or lifeless
- ✓ Thinking or talking about suicide

Changes in Behavior

- ✓ Hyperactivity, inactivity, or alternating between the two
- ✓ Lack of personal hygiene
- ✓ Noticeable and rapid weight loss or gain
- ✓ Involvement in automobile accidents
- ✓ Drug and alcohol abuse
- ✓ Forgetfulness and loss of personal possessions
- ✓ Moving out of home to live on the street
- ✓ Not sleeping for several nights in a row
- ✓ Bizarre behavior, e.g. skipping, staring, strange posturing, grimacing
- ✓ Unusual sensitivity to noises, light, clothing

Thought Disturbances

- ✓ Inability to concentrate
- ✓ Inability to cope with minor problems
- ✓ Irrational statements
- ✓ Use of peculiar words or language structure
- ✓ Excessive fears or suspiciousness, paranoia

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Learn How to “Clean Away” COVID-19

WIC and the Association of State Public Health Nutritionists are working together to support and promote a video campaign about how to protect families from COVID-19 in their homes. The “Clean Away COVID” campaign is designed in an enjoyable video form that includes song, dance, and colorful images that make it easy to learn more about the science of how the virus spreads and how to keep families safe. Topics include:

- Sanitizing and handwashing.
- Simple home cleaning practices.
- Safer disinfectant use when someone in the house is sick.

Go to: www.Cleanawaycovid.org

WIC Can Help You Buy More Fruits and Vegetables For You and Your Children This Summer

Fruits and Veggies Increase: What To Know

Our vegetables and fruits value has been temporarily increased to \$35 per month for four months.

Be sure to redeem these additional benefits!



WIC
Cash
Value
Benefit
Increases
This
June through
September!



WIC cash value benefits (CVB) are being **temporarily increased from June through September.**

Depending upon the age category in your household, this is **an increase from \$9 to \$11 per month** for fresh or frozen fruits and vegetables **up to \$35 per month** per participant.

**The Mille Lacs Band of
Ojibwe WIC
program holds a
telephone clinic every
Tuesday from
9 a.m. to 4 p.m.
For more info, call:
Donna Sutton, R.N.
320-630-2443**



Healthy Heart



Three Keys to Heart Health – Sodium, Fat, and Fiber

Healthy You

A healthy diet can help you fight heart disease! Following a heart healthy diet can help lower blood pressure, cholesterol levels, and blood sugar levels, as well as help manage weight. Focus on eating plenty of **nutrient-rich foods**, such as fruits, vegetables, whole grains, lean proteins, and fish. **Avoid or limit saturated fats, excess sodium, and sugar.** Let's take a closer look at some of these nutrients.

Sodium — Eating foods high in sodium causes our body to hang on to **extra water**. This increase in fluid may cause blood pressure to rise. **High blood pressure** is a major risk factor for heart disease and stroke.

High Sodium Foods to Limit — Cured Meats, such as bacon, deli meat, ham, hot dogs, sausage; Canned soups and vegetables; Boxed or Frozen dinners; Condiments, such as ketchup, pickles, soy sauce, salad dressing; Snack foods, such as pretzels, potato chips, and salted nuts.

Fat — **Fat is not all bad**. Fat is a fuel for the body, support cell growth, cushions your organs, insulates your body to keep you warm, and is needed to absorb certain nutrients. It is important to make **smart choices** when it comes to the type of fat you choose. **Saturated fats** are often found in animal-based foods. These fats raise cholesterol levels and increase your risk of heart disease and stroke. **Unsaturated fats** come from plant foods and fish. These fats can help lower your total cholesterol and “bad” cholesterol, and lower your risk of heart attack and stroke.

High Saturated Fat Foods to Limit — Meat; Poultry with skin on; Coconut Oil; Palm Oil; High fat dairy, such as butter, cream, ice cream, whole milk, cheese.

High Unsaturated Fat Foods to Choose — Oils, such as olive oil, canola oil, peanut oil, vegetable oil, soybean oil and corn oil; Nuts and seeds; Avocados; Fatty or oily fish, such as salmon, trout, tuna, and sardines (choose a baked or broiled option and stay away from fried fish which adds more calories.)

Fiber — Fiber is the part of plant foods that your body can't digest. **Insoluble fiber** adds bulk to your diet and helps keep you feeling full. **Soluble fiber** binds to “bad” cholesterol and helps the body get rid of it. Eating at least **5 servings of fruits and vegetables and 3 servings of whole grains** will help you eat enough fiber in your diet.

Foods High in Soluble Fiber to Choose — Apples; Oranges; Pears; Cooked beans; Cooked oatmeal; Potato with skin.

Information on this page provided by Jackie Braun, Diabetes Coordinator, Nay-la-Shing Clinic.

Indigenous Art and Culture Club Members Continue Work on Creative Projects



Onamia Schools Community Education Program Arts and Indigenous Culture Club members continue their hands-on learning of creative, traditional arts and craft skills.

Photos courtesy of Cyndy Rudolph, Onamia Schools Community Education.



Students also learn to cook healthy meals, which are served to all the Community Education students. Ingredients provided by the Mille Lacs Band of Ojibwe Public Health SHIP and Tribal Tobacco grants.





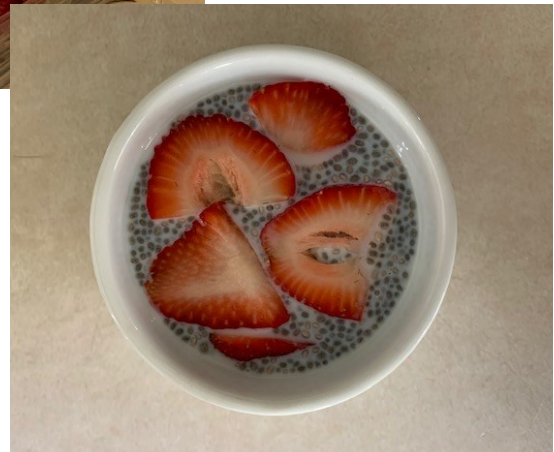
Celebrate May!

- May 1 —
Hawaiian Lei Day
- May 2 — Brothers
and Sisters Day
- May 5 — National
Hoagie Day
- May 8 —
National Train Day
- May 11 — Eat
What You Want Day
- May 15 — National
Chocolate Chip Day
- May 17 —
Pack Rat Day
- May 20 — National
Rescue Dog Day
- May 23 — National
Turtle Day
- May 26 —
World Otter Day
- May 29 —
Learn About
Composting Day
- May 30 — Water a
Flower Day

Three-Ingredient Chia Seed Pudding

Heart-Healthy Recipe

Makes One Serving



Ingredients:

- * 2 tbsp. chia seeds
- * 1/2 cup skim milk
- * 1 tsp. honey, maple syrup, or other sweetener (optional)
- * Fruit for topping (optional)

Directions:

Pour ingredients into a jar and mix well.

Let settle for 2-3 minutes then mix again very well until you see no clumping.

Cover the jar and store in fridge overnight or for at least 2 hours. When you're ready to eat it, top with your favorite fruit and enjoy cold!

*Recipe and photos provided by Jackie Braun,
Ne-la-Shing Clinic Diabetes Coordinator.*



Circle of Health MNSure Outreach Open House



When: May 2021
Time: 10 a.m. to 2 p.m.
Where: MLB District Community Centers

Circle of Health is inviting you to the MNSure Outreach Open House in your District. We will be there for you to update with Circle of Health and to make an appointment to sign up for insurance through MNSure. We will have all staff on hand to answer any questions you may have.

Emergency Services and Public Health will also have a table on site. We will be providing box lunches on your way out of the Open House.



We will be in your community on:

District I New Community Ctr.:	May 4th and 20th
District II Community Ctr.:	May 11th and 27th
District IIA Chiminising Ctr.:	May 13th and 25th
District III Aazhoomoog Ctr.:	May 6th
District III Hinckley Comm. Ctr.:	May 18th

See a Circle of Health staff member on how you can win a Fitbit Inspire2 Watch at each site.

We will be providing PPE at each site and will be practicing Social Distancing. Everyone must wear a mask and be screened at the entrance.

Contact Us :

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David Hormillosa

PH/Contact Tracer

320-983-0633

Coming up in May!

Watch for Details on Facebook

Hypnosis:

A Tool For Healthy Living



Cut Down on Stress and Smoking!

Free Public Health Information Workshop

Date, Location and Time To Be Announced

Materials & box lunch provided.

May Also Help With:

- Stress Reduction

- Healthy Eating

- Physical Activity

Registration Required.

For more information, email:

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