

Public Health Newsletter



November is American Diabetes Month

**More than 30 million people in the U.S. have diabetes,
and 1 in 4 of them don't know they have it.**

**More than 84 million U.S. adults (over a third) have
prediabetes, and 90% of them don't know they have it.**

-U.S. Centers for Disease Control and Prevention

Diabetes puts people at risk for:

- ◆ Heart Disease
- ◆ Kidney Disease
- ◆ Nerve Damage
- ◆ Vision Problems
- ◆ Stroke

To help control diabetes:

- ◆ Eat a nutritious diet.
- ◆ Eat a diet low in carbohydrates.
- ◆ Eat foods high in fiber, such as fruits and vegetables.
- ◆ Get plenty of exercise.
- ◆ Get yearly physicals to catch diabetes early
and prevent complications.

Common symptoms related to diabetes are:

- ◆ Increased thirst.
- ◆ Extreme hunger.
- ◆ Frequent urination.
- ◆ Unusual weight loss.
- ◆ Extreme fatigue and irritability.
- ◆ Frequent infections.
- ◆ Blurred vision
- ◆ Slow-healing wounds.
- ◆ Tingling and numbness in hands and feet.
- ◆ Recurring skin, gum, and/or bladder infections.

*Information above provided by Crystal Roeschlein, R.N.,
Mille Lacs Band of Ojibwe Public Health Department*

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Tips for Eating Healthily if You Have Diabetes:

- **Eat Less Saturated Fats**

- * Eat baked, broiled, or stewed fish and meats instead of fried.
- * Use nonfat or low-fat salad dressing, mayo, and margarine.
- * Try a food lower in fat in a favorite dish—for example, make mac and cheese with fat-free or low-fat cheese and milk.

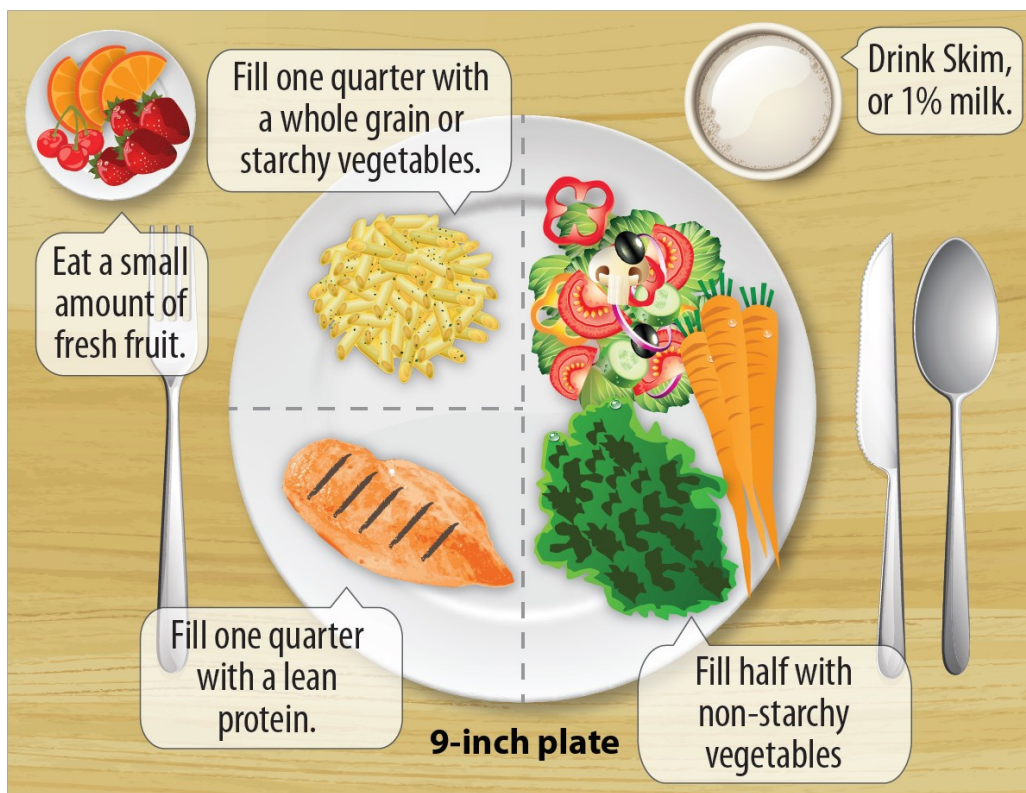
- **Eat Less Sugar**

- * Drink water, sugar-free soda, or unsweetened iced tea instead of fruit drinks, regular soda, or sweet tea.
- * Keep cold water in the fridge.
- * Share dessert with someone when you're eating out, instead of having a whole dessert.

- **Eat Healthy Portions**

- * When eating out, share a meal with someone else or put half in a box to take home.
- * Eat slowly and take a break between bites.
- * Do not skip meals—when you skip a meal, it's easy to overeat at the next meal.

Check out the recipes on page 6, or search out some online that look good to you!



Information on this page taken from www.cdc.gov.

Read their pages on healthy living with diabetes, and get more details about the "Create My Plate" Guidelines (left.)

The cdc also has diabetic recipes online to try!

Diabetes and the Flu

What Smoking Means to People With Diabetes

- The 2014 Surgeon General's Report found that **smoking is a cause of type 2 diabetes** (also known as adult-onset diabetes.)
- **People with diabetes who smoke need larger doses of insulin.** Studies have proved that when people with type 2 diabetes are exposed to high levels of nicotine, insulin (the hormone that lowers blood sugar levels) is less effective.
- **Smokers have a greater risk of developing type 2 diabetes than do nonsmokers.** The risk goes up with the number of cigarettes smoked per day.
- Even though we don't know exactly which smokers will develop type 2 diabetes, we do know that **all smokers with diabetes should quit using any type of commercial tobacco immediately.**
- **The health benefits of quitting begin right away.** Studies show that insulin can become more effective just eight weeks after a smoker quits.

Information on this page adapted from www.cdc.gov.



- **If you have diabetes, you are 3 times more likely to be hospitalized from the flu and its complications than other people.**
- **The flu may also interfere with your blood glucose levels.**

To Protect Yourself:

Get a flu shot. It's the single best way to protect yourself against the flu. People infected with the flu can pass it on to others a day or two before any symptoms appear, so make sure the people around you get a flu shot, too.

Take prescription flu medicine when your health care provider prescribes it. It can make your illness milder and make you feel better faster. It can also help prevent serious health problems that can result from flu.

Follow special sick day rules for people with diabetes. Keep taking your diabetes medication, even if you can't eat. Test your blood glucose every four hours and keep track of the results. Drink extra liquids and try to eat as you normally would. Check your temperature every morning and evening.

Take everyday steps to protect your health. Wash your hands often with soap and water, especially after you cough or sneeze. If soap and water is not available, use an alcohol-based hand rub. Avoid touching your eyes, nose and mouth. Try to avoid close contact with sick people. Have enough medications and supplies to last a week in case you have to stay home.



Exercise For Your Health!

Exercise is one of the main ingredients in preventing and managing diabetes.

The Diabetes Program has fitness centers and staff in all districts.

The exercise specialist will create a program just for you.

Jim Ingle, Fitness Coordinator, offers:

- ◆ Group circuit training class from 11:30am – 1:30 pm every Monday and Wednesday.
- ◆ Walking Strong group class from 11:30am – 1:30 pm every Tuesday and Thursday.
- ◆ For more information, contact Jim at the District 1 Community Center.

Mille Lacs Band of Ojibwe Diabetes Education Program

Do you have diabetes?

Are you at risk for diabetes?

The Mille Lacs Band of Ojibwe Diabetes Program Provides:

- Regular visits with your doctor.
- Group and Individual Diabetes Education Classes.
- Nutrition Education.
- Consultations with exercise specialist.
- Ongoing diabetes support.

Contact Registered Dietitians or Certified Diabetes Educators at the Ne-Ia-Shing Clinic at (320) 532-4163.

The Mille Lacs Band of Ojibwe Diabetes Program services are available at :

District I, Ne-Ia-Shing Clinic

Phone: (320) 532-4163

District II, East Lake Clinic

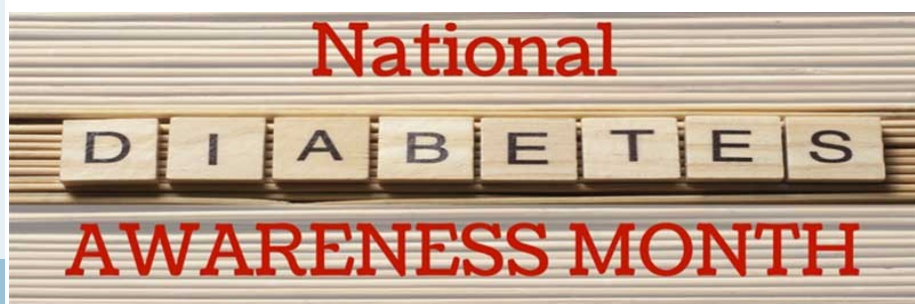
Phone: (218) 768-3311

District III, Aazhoomog Clinic

Phone: (320) 384-0149

Contact Information:

To learn more about the program, please contact: Brittany Smith, Diabetes Program Coordinator, at (320) 532-8957 or (320) 532-7840.



November is National Family Caregivers Month

Jackie Jensen, R.N., Mille Lacs Band of Ojibwe Public Health Dept.

I was talking to a local caregiver recently who stated, "I am doing this on my own. The family avoids coming here anymore." It is not uncommon for family members to stay away from a relative who needs caretaking. It is always hard to watch a loved one's health decline.

But it is important to remember that main caregivers need time to deal with their own life issues and circumstances. They have the right to ask family members to come and provide care and allow the caretaker time to have a break, even if it's just to go out for dinner.

Caregivers are most often female but sometimes are male. They usually are providing care for an elder or disabled spouse, but it might also be a parent, friend or even a child.

There are local facilities that can provide respite time. The person in need of care might go into adult day care while the caregiver is at work. They may even stay a few days, allowing the caregiver a much-needed break. Using respite care does not mean that the caregiver is weak or unable to provide care. It only means that the caregiver is taking care of themselves. If a caregiver is not healthy, they will not be of much help to the person who needs them.

Hospitals or long term care facilities may also be able to help with respite services, depending upon sources of payment. The Mille Lacs Band of Ojibwe Public Health Department offers some assistance with personal care, although Public Health is unable to provide respite care.

Talk with primary care providers for information on services available in your local area. Call your county for referrals to other services or options when increased services and assistance is needed. No two cases are the same, so what works for one family might not work for another.

Above all, thank all the caregivers out there. They should pat themselves on the back, because they are doing difficult and important work.

Dear Caregiver, You are Amazing.

And we thank you.



Websites That Offer Help and Support to Caregivers

For Elder Services:

Aging Care

www.agingcare.com/caregiver

AARP

www.aarp.org

For Children's Services:

Centers for Disease Control

www.cdc.gov

U. S. Dept. of Labor

www.disability.gov

Linda Refreshes Her Nursing Skills

Photo below: A smiling Linda Quaderer talks about her job shadowing experience at the Mille Lacs Band of Ojibwe Public Health Department.



Linda Quaderer, Mille Lacs Band Elder, is working to complete her Licensed Practical Nurse refresher course by job shadowing Jackie Jensen, R.N., at the Public Health Department. The experience, which involves 112 hours of observing and assisting Jensen, is part of the clinical requirement of the online nursing program at South Dakota State University.

Linda said, "It was helpful to find that I got lots of mentorship, lots of guidance, and I was encouraged to ask questions." She likes the opportunity to get to know people and spend time with them. "It was a nice surprise that I didn't have to rush."

Jensen thinks that job shadowing is "a great way for people to get a taste of

what's out there." She added, "There's a whole world of opportunity in nursing and health careers."

A resident of East Lake (District Two) for the past three years, Linda is keeping her future plans open. When asked what advice she'd have for someone considering a nursing refresher course, Linda was definite: "I'd tell them to apply at the Mille Lacs Band of Ojibwe."



Coming Up in November

The Mille Lacs Band of Ojibwe Elder Services Program holds an

All District Elder Meeting
on November 16, at the District 1 Mille Lacs ALU.

Meeting begins at 11:30 a.m.

Lunch is provided and Bingo will be played after the meeting.

The agenda includes local and non-local presenters providing beneficial information to assist Mille Lacs Band of Ojibwe Elders.

For more information contact Denise Sargent at 320-532-7854



*Daylight Savings
Ends at 2:00 a.m.
Sunday, Nov. 5th*

Celebrate November!

November 2 —
National Men Make
Dinner Day

November 6 —
National Nacho Day

November 8 — Cook
Something Bold Day

November 13 —
World Kindness Day

November 15 —
National Clean Out
Your Refrigerator Day

November 17 —
Homemade Bread Day

November 19 —
International Men's
Day

November 21 —
World Television Day

November 28 —
French Toast Day

November 30 —
National Math
Awareness Day

Diabetic Friendly Recipes

Slow Cooker Apple Butter*

**A no-sugar version of this can be made
by omitting the maple syrup.*

Ingredients:

3 lb. crisp, sweet apples (about 7 medium apples)
3 T pure maple syrup
1 1/2 t. ground cinnamon
1/4 t. ground nutmeg
1/4 t. ground allspice
1 t. pure vanilla extract
Tiny pinch kosher salt

Directions:

- ◆ Peel and core apples and cut into 3/4 to 1 inch discs. Place in bottom of a 5-quart or larger slow cooker.
- ◆ Top with maple syrup and spices and stir to combine.
- ◆ Cover and cook on high for 3 to 4 hours or on low for 8 to 10 hours. Stir once halfway through. Cook until apples are very tender and brown.
- ◆ Purée with immersion blender or in batches with upright blender.
- ◆ Turn slow cooker to high and return apples to the cooker.
- ◆ Continue to cook uncovered for 2 hours or until thickened, stirring occasionally.
- ◆ Stir in vanilla extract and salt. Add maple syrup to taste.
- ◆ Spoon into jars or other airtight container and refrigerate.
- ◆ Tastes even better the next day when flavors are blended.
- ◆ Serve on toast, waffles, or cornbread; mix with yogurt or serve with pork.
- ◆ Store leftovers in an airtight container in the refrigerator for up to 2 weeks or freeze for several months. (Let thaw overnight in the refrigerator before serving.)

Adapted from www.wellplated.com

3-Ingredient Peanut Butter Cookies

Ingredients:

1 c. Splenda baking blend, plus extra for dipping glass
1 c. no-sugar-added creamy peanut butter
1 large egg

Directions:

- ◆ Preheat oven to 375 degrees. Coat 2 baking sheets with cooking spray.
- ◆ In medium bowl, stir together all ingredients. Roll mixture into 1 inch balls, place 2 inches apart on baking sheet.
- ◆ Flatten slightly with a glass that has been lightly greased and dipped in Splenda baking blend.
- ◆ Bake 8 - 9 minutes or until edges are set and bottoms are lightly browned.

Adapted from everydaydiabeticrecipes.com

Contact Us :

Reception Desk

320-532-7776

Fax # 320-532-7524

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Administrative Assistant

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District 1

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RN, Home Care Coord.

320-532-7783

Roger Jahn

RN, Home Care

320-532-7511

Nicole Narveson

RN, Home Care

320-532-7457

Renee Bayerle

Barb Laws

Mya Schroeder

Home Health Aides

320-532-7776 Ext. 2405

Robert Mitchell

CHR Coordinator

320-532-7815

Mark Bruske

Bryan Carlson

Michael (Mike) Wade Sr.

CHR's 320-532-7815

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Darla Roache

SHIP Coordinator

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Robert Colton

CHR 218-768-3311

District 3

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Donna Sutton

RN, Home Care

320-630-2443

Connie Taylor

Edward St. John Sr.

CHR's 320-385-7056

Minnesota Documentary on Sacred Tobacco Wins Upper Midwest Emmy Award

The film *Reclaiming Sacred Tobacco* was named Best Topical Documentary of the year at the Upper Midwest Emmy awards gala in Bloomington on October 7th. A collaboration between ClearWay Minnesota and Twin Cities PBS, the program explores tobacco use by American Indians in Minnesota. It features American Indian Minnesotans discussing traditional tobacco practices, and how the commercial tobacco industry corrupted those practices into harmful behaviors like smoking commercial tobacco. *Reclaiming Sacred Tobacco* shows how restoring traditional ways can move people away from cigarette smoking and toward healthier living.

Locally, the film was aired at a Native American film series at the Mille Lacs Indian Museum in May, and is used regularly in presentations on traditional tobacco throughout the Mille Lacs Band of Ojibwe.

*For further information on the video, contact:
Colleen McKinney, Outreach Coordinator for the ClearWay
program, at Colleen.McKinney@hhs.millelacsband-nsn.gov,
or go to the ClearWay Minnesota website.*

Tobacco Plants Ready for Harvest!



Photo, left: Tobacco plants grown in raised beds between Public Health Building and DNR building in District 1, taken 10/13/17.

Some growers cut the entire plant down while others only take the leaves. Some harvesters remove the leaves from the bottom of the plant upwards, as they start to turn yellow or brown.

Other people lay leaves flat on a piece of cardboard for drying. Tobacco leaves are also bundled and hung to dry. (Harvested pods contain hundreds of seeds.)