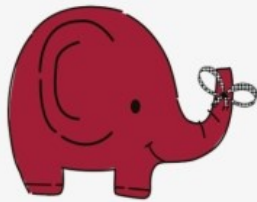


Public Health Newsletter

**Don't forget
your flu shot!**



**Why is it
especially
important to
get a
flu shot this
year?**

It's **more important than ever** to get a flu shot. The COVID-19 pandemic has caused shortages of hospital beds, ICU beds, and ventilators **even outside of flu season**. During flu season, when both the flu and COVID-19 will be circulating, hospitals may again face shortages, **limiting their ability to care for people who are seriously ill** with the flu, COVID-19, or both.

People can get COVID-19 and the flu at the same time. A recent study showed people who had COVID-19 and influenza B **were sicker than those who had COVID-19 alone. This could mean more days out of work.** It could also lead to **testing shortages.**

It's not too late to get a flu shot.

Here's What to Do:

**Call the Ne-La- Shing clinic at
320-532-4163 and choose Option 2
to schedule an appointment to get your
flu shot.**

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Don't Spread COVID-19 During the Holidays



Protect Your Family by Staying Home

The winter holidays are a time when many families travel long distances to celebrate together. **Travel increases the chance of getting and spreading** the virus that causes COVID-19. **Staying home is the best way** to protect yourself and others.

The Virus is Attending Holiday Events, Too!

There will be plenty of families who mock this kind of advice and say, "That's ridiculous. We're going to get together, and no one's going to tell us otherwise." That may give them a sense of independence, but **if the virus gets to Grandma**, you live with the guilt.

Experts recommend:

- Families stay in separate households and **sit at their Thanksgiving tables at the same time** and connect through video such as Zoom.
- **Exchange favorite recipes ahead of time**, so everyone eats the same menu, or **review each individual meal** for the others.
- Spice up your virtual Thanksgiving dinner by **playing a game** or **sharing what you're most thankful for** this year. (See page 11 for some fun family activity ideas.)

Avoid these higher risk activities:

- **Going shopping** in crowded stores just before, on, or after Thanksgiving.
- **Participating in or being a spectator** at a crowded event.
- Attending **large indoor holiday gatherings** with **people from outside of your household**.
- **Using alcohol or drugs**, which can cloud judgement and increase risky behaviors.

Low Risk Activities for the Holidays:

- Have a small dinner with only people who live in your household.
- Prepare meals for family and neighbors, especially those at higher risk, and deliver them while taking safety precautions.
- Shop online rather than in person for holiday bargains.
- Watch sports events, parades, and movies at home.

Medium Risk Activities for the Holidays:

- Visit pumpkin patches or orchards where people use hand sanitizer, must wear masks, and maintain social distancing.
- Attend other small outdoor events where safety precautions are in place.

The Apple Crunch Was a Fun and Delicious Way to Learn About Healthy Food



On October 7th and 8th, students from 8 schools all crunched apples! 600 locally-grown apples were provided by MLBO SHIP and Tobacco grants, as well as other items from SNAP-Ed and Diabetes.

What to Do to Support Quitting:

Do respect that the quitter is in charge.

Do ask how they're feeling – not just whether they've stayed quit.

Do let the person know that it's OK to talk to you when they need encouragement.

Do spend time doing things to keep their mind off smoking and help them get past a craving.

Do try to see it from the smoker's point of view – a smoker's habit may feel like an old friend who always has been there when times were tough.

Do help the quitter with a few chores or child care, – whatever will help lighten the stress of quitting.

Do celebrate along the way. Quitting smoking is a **BIG DEAL!**

The Great American Smokeout is November 19th A Good Day to Quit!



The American Cancer Society Great American Smokeout® is an annual event that encourages and **offers support to smokers to make a plan to quit smoking or to quit smoking on the day of the event** – the third Thursday in November each year. **By quitting** – even for one day – smokers will be taking an **important step toward a healthier life and reducing their cancer risk.**

Smoking remains the **single largest preventable cause of death and illness in the world.** Smoking causes an estimated 480,000 deaths every year, or about 1 in 5 deaths. And more than 16 million Americans live with a smoking-related disease.

Some groups **smoke more heavily or at higher rates**, including **American Indian and Alaska Natives.** Others who have higher rates include African American/Black communities, LGBTQ communities, those in the military, those with behavioral health conditions, and others.

No matter your age or how long you've been smoking, **quitting improves health both immediately and over the long term.** Giving up smoking is a journey, and it can be hard, but you can increase your chances of success with a good plan and support. **Getting help through counseling and medications doubles or even triples your chances of quitting successfully.** The American Indian Quitline as well as other QuitPartners services are free to all Minnesotans and can improve your odds of successfully overcoming the habit of smoking or vaping.

See Page 5 for Information on Free Support to Quit Smoking

Information on this page taken from the American Cancer Society website at: www.cancer.org

Free Support to Quit Commercial Tobacco



For Minnesota teens and adults who want to quit smoking, vaping, chewing or using other commercial tobacco products

People who smoke or vape may have an increased risk of developing serious complications from COVID-19. When you're ready to quit, we're here to help – and you don't have to leave home.

Using coaching and medication together can more than double your chance of successfully quitting.

Free Support Options Available Online, by Phone, and by Mail:

- Coaching over the phone or online

- Text messaging

- Email support

- Quit medication - nicotine patches, gum, or lozenges - delivered to your door

Quit Partner™ is here for all Minnesota adults ages 18 and up. We offer specialized programs for those with mental illnesses and substance use disorder, as well as for pregnant and post-partum women.

Call 1-800-QUIT-NOW (1-800-784-8669) or visit www.QuitPartnerMN.com.



The **American Indian Quitline** from Quit Partner™ offers a dedicated team of American Indian coaches who understand your culture and respect your traditions.

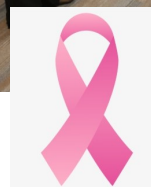
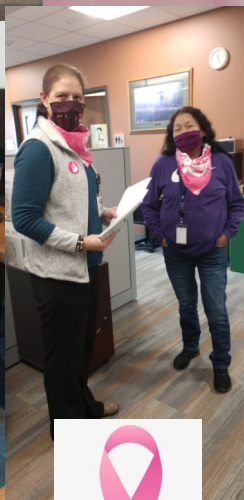
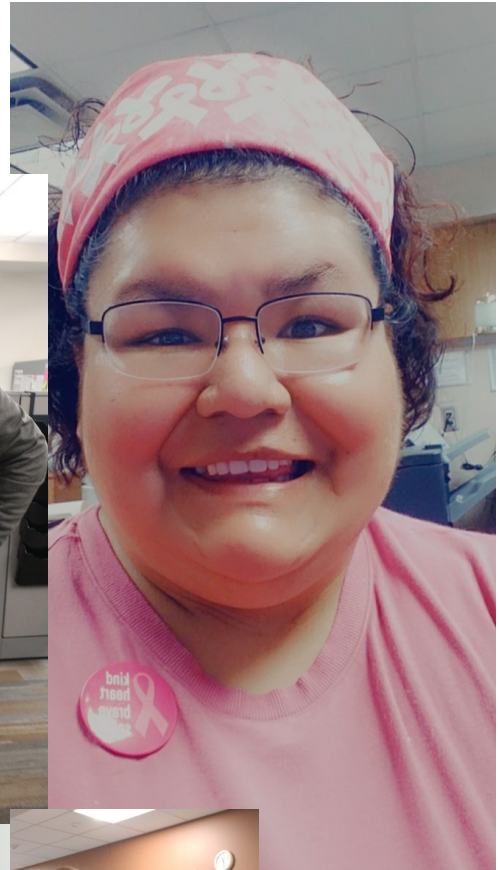
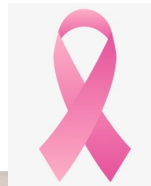
Call 1-833-9AI-QUIT (1-833-924-7848) or visit www.aiquit.com.



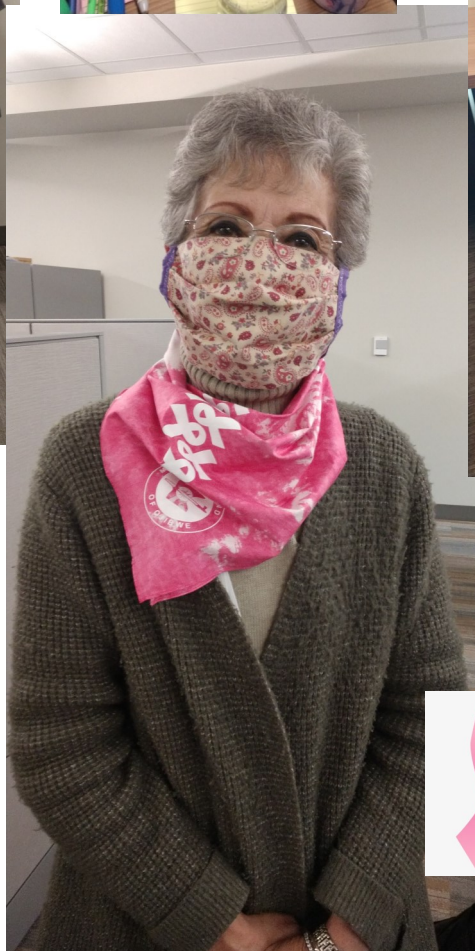
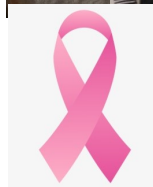
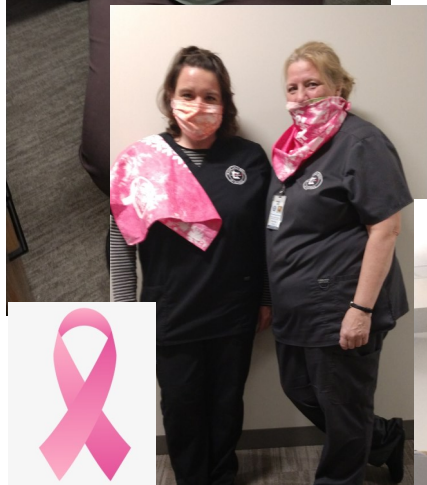
My Life, My Quit is here for Minnesota teens ages 13-17. Free, confidential help. Just for teens.

Text "Start My Quit" to 1-855-891-9989 or call, or visit www.MyLifeMyQuit.com.

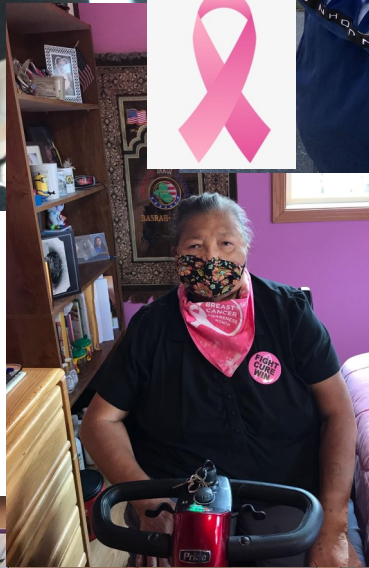
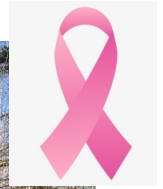
Look Who Wore Pink For Breast Cancer Awareness Month and Indigenous Pink Day!



See Who Else Wore Pink!



Even More People Wore Pink To Support Breast Cancer Aware-





Onamia School Community Education Students Practice Traditional Arts and Crafts

Arts and Cultural Activities continue at Onamia Community Education, with proper health precautions. (Healthy snacks and food for students provided by Mille Lacs Public Health SHIP and Tribal Tobacco Grants.)



Despite COVID-19, Onamia students continued to work on beautiful beadwork and sewing projects.



Photos, right, above and above right, show students displaying some of their finished work.

*Photos Courtesy of
Cyndy Rudolph*



At a time when many students may feel overwhelmed, arts and crafts can help them deal with the stresses and pressures of life during COVID-19.



Celebrate November!

November 2 —
Devised Egg Day

November 5 — Men
Make Dinner Day

November 6—
National Nacho Day

November 8—Fill
Our Staplers Day

November 10—
Young Readers Day

November 12 —
National French Dip
Day

November 16 —
Parents' Day

November 17 —
Take a Hike Day

November 22—
Humane Society Day

November 23 —
Eat a Cranberry Day

November 28 —
French Toast Day

November Recipe: Creamy Mashed Cauliflower



**Low-carb,
delicious,
and about
1/4 the
calories of
mashed
potatoes.**

Serves 4.

Recipe from
Eating Well
website at:

[www.
eatingwell.com](http://www.eatingwell.com)

Ingredients:

8 cups bite-size cauliflower florets (about 1 head)
4 cloves garlic, crushed and peeled
1/3 cup nonfat buttermilk*
4 teaspoons extra-virgin olive oil, divided
1 teaspoon butter
1/2 teaspoon salt
Freshly ground pepper to taste
Snipped fresh chives for garnish

Directions:

Place cauliflower florets and garlic in a steamer basket over boiling water, cover and steam until very tender, 12 to 15 minutes, OR place florets and garlic in a microwave-safe bowl with 1/4 cup water, cover and microwave on High for 3 to 5 minutes.

Place the cooked cauliflower and garlic in a food processor. Add buttermilk, 2 teaspoons oil, butter, salt and pepper; pulse several times then process until smooth and creamy. Transfer to a serving bowl, drizzle with remaining oil and garnish with chives. Serve hot.

* If you don't have buttermilk, substitute with "sour milk" — add 1 tablespoon lemon juice or vinegar to 1 cup milk.

Nutrition facts for 3/4 cup: 107 calories; 6.5 g fat (1.4g saturated fat); 2.9 mg cholesterol; 338.8 mg sodium; 10.1g carbohydrate; 4.5g protein.
Diabetic Exchanges: One and one-half Fat; Two vegetable.

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Four Winds Water Competition Helps Participants “Drop The Pop”



Participants at Four Winds Lodge are participating in a water competition by **drinking more water in place of sugary and carbonated beverages**. Each week a winner is announced and a prize awarded. Prizes and water supplied by the Mille Lacs Band of Ojibwe Public Health SHIP and Tribal Tobacco grants.

*Photos of winners and their
prizes courtesy of:
Lindsay Misquadace-Berg,
Treatment Director,
Four Winds Lodge*



Do you have suggestions about what we should include in the
Public Health Newsletter? If so, email:
colleen.mckinney@hhs.millelacsband-nsn.gov
with your ideas.