

Maine Intertribal Health Newsletter



Micmac Service Unit Brief Action Plan

The Micmac Service Unit would like to be your partner in managing your Health. We have established the Micmac Service Unit Brief Action Plan for our Service Unit customers to fill out at Regular clinic appointments. Each client will be given this to complete. Once completed, the clinic nurse will briefly review the areas identified on the form which pertains to your daily activities that helps improve your health.

Here is an example of our Self-Care Action Plan form:

ABM Moving Ahead On "Improving Patient Care" For The Micmac Service Unit

The Aroostook Band of Micmac's current efforts for improvement are in Customer Service, with new resource materials to assist in making your clinic visit the best that it can be. On your next visit to the clinic, you may be asked to fill out a survey or questionnaire to provide your comments and ideas, which can help to enhance the care provided to you.

Under new Leadership, the Micmac Service Unit's current Acting Health Administrator, Theresa Cochran, has been working with the Tribal Chief, Council and ABM Tribal Administrator to coordinate our healthcare services to best serve the community.

MSU Self-Care Action Plan
please circle below under any or all of the categories what you do for yourself.

Mental Health
 Reading, Studying, Talking
 Circles

Physical Health
 Diet-exercise

Spiritual
 Environment
 prayer
 Traditions-

Emotional
 Therapy, Support groups
 Dreams

Please add anything that you do which may not be listed.

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Micmacs



Micmac Service Unit Community Health Updates

By Marie Danielle Leblanc, BSN, RN-
MSU Community Health Nurse

Heart Health Day

There was a “Heart Health Day” held on February 15th to celebrate February as Heart Health Month. This took place at the Aroostook band of Micmac Council Chambers. Clinic staff, in conjunction with a Tribal Public Health Liaison and Tribal Healthy Maine Partnership Project Director handed out educational materials, took blood pressure readings, cholesterol testing, blood sugar testing, cardiac risk rating and Body Mass Index (BMI) evaluations.

SDPI Diabetes Support Program

The SDPI Diabetes Support program continues on the 4th Wednesday of each month. The meetings include a light healthy meal sampling, a 10 minute exercise session, and a brief Diabetes Education presentation. Each meeting offers participants the opportunity to earn Healthy Bucks towards a healthy living item from Wal-Mart. In addition, there is a Diabetes Clinic Day the same

day as the support group meeting from 8:30 am - 11:30 am. During this time, the clinic has scheduled appointments for follow up care, cholesterol screenings, blood sugar tests, exercise testing and eye exams. Anyone with diabetes wishing to take part, please call for an appointment.

Keep An Eye Out For The Following: Domestic Violence Prevention Initiative

Our Community Health Program has worked towards promoting Healthy relationships through our Domestic Violence Prevention initiative. Call the Micmac clinic (764-7219) or watch for flyers for more information on these events.



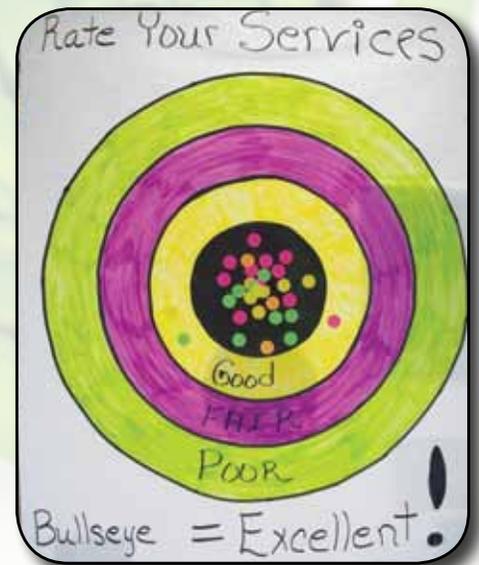
Community Mobilization

Two community mobilization meetings indicated that our community would like education and increased services on parenting and healthy lifestyle. Note: We are planning to organize evening or weekend events to include discussions or education on good parenting skills and ways to keep healthy. Look for flyers and announcements.



Micmac Crisis Response Team

There is now a Crisis Response Team for our Micmac Community. The Aroostook Band of Micmac Social Services and Micmac Service Unit participated in a 3 Day training this past summer from the National Organization for Victim Assistance (NOVA). This Team is working on organizing how to respond to our community when a tragedy or disaster occurs.



Micmac Cooking Agenda



Our Healthy Cooking classes are on Monday's and Thursday's at our Micmac Elder's Building here at our Micmac Community in Presque Isle. The classes are from 11:00 am - 12:30 pm. Our Walking program is on-going throughout the year every Tuesday morning for all community members From 10:00 am - 12 noon at the Presque Isle Mall;

For information or to register for the programs call our program assistant, Sandra Pictou at the Micmac Service Unit #764-7219

Maliseet Health Center



Maliseet Boys and Girls Club

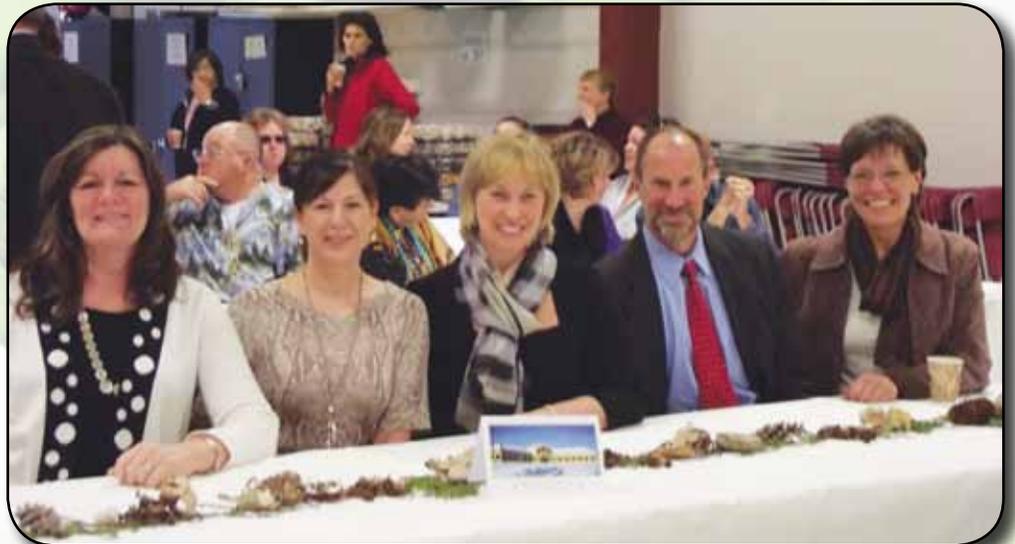
The Maliseet Youth Department and Boys & Girls Club have some fun and exciting activities planned for this month. Every Tuesday the kids enjoy Zumba with Alissa Black, Fitness Coordinator. The program encourages physical activity and nutrition, the youth department has planned activities such as sliding and roller skating. They are also attending a class called “Adventures in Cooking” with Sue Tortello, the HBMI Nutritionist, where they will learn about healthy food choices and preparation. Drug and suicide prevention activities are also scheduled to take place throughout the month with Dina Currier, Suicide Prevention Specialist.



Maliseet Health & Wellness Center Opens



The Houlton Band of Maliseet Indian’s opened the doors to its “Health and Wellness Center”. After much anticipation, the staff recently moved in, and the clinic started seeing patients in the new facility. The “Grand Opening” was held on March 29th.



Bonnie Smith, Deputy Commissioner of Programs, DHHS, Lisa Sockabasin, Director of Minority Health, ME CDC, Dr. Sheila Pinette, Director of Maine CDC, Michael Duddy, Attorney, Christine Zucus, Deputy Director ME CDC

Fitness Class Schedule



Noon classes are Monday thru Thursday.
 Also Monday & Wednesday 3:30 classes are available.
 Classes include: Core Class, Body Blast, Stretch Fusion, HIIT Training, Interval Training, ZUMBA, and Personal Training.



Fitness Center Hours:

Monday / Wednesday: 7:00 AM to 4:30 PM
 Tuesday /Thursday: 7:00 AM to 2:30 PM
 Friday/Saturday/Sunday: CLOSED



****If you have any questions contact Alissa Black!
 Remember you must have a Registration Packet filled out to use the equipment.***

Penobscot Nation Health Center



Assistant Program Director Nicole Hines

I am honored to have been given this opportunity and look forward to continuing Penobscot Nation Health Department's goal in providing the best care for our people, physically, emotionally, and socially. My goal as Assistant Program Director is to maintain and improve a well-organized network between our administrative staff, health care providers, other tribal departments, off site service agencies, and most importantly our patients. I believe working together in collaboration, teamwork will provide efficient, high quality and cost-effective services. I look forward to being part of this team for years to come. I will expect and accept challenges as they come. I will strive to overcome them to the best of my ability both as an employee and as a Penobscot Tribal member.

Welwossok - On the Path to Good Health

Fire Chief, Joey Loring, was diagnosed with Type 2 Diabetes in November 2003, and after years of experiencing unsafe blood sugars, he had a heart attack. Joey survived and was given a second chance at life and has since accepted his disease. He was willing to share his experience through an interview.

What barriers were there in managing your diabetes?

Joey: Denial-thinking I couldn't get sick. I just figured if you leave it alone it will go away. I didn't know what the disease was and I just thought it was a death sentence. I was afraid of needles, having to go on insulin, pricking my fingers, and having to change my way of life.

When did you realize that diabetes was a problem?

I had a heart attack in June, they took my blood sugar and the results were 560. I told them it was normal for me. I had lived so long with high blood sugars. I never went to the doctors like I was supposed to. That was when it set in that I really had a problem.

How are you controlling blood sugars now, since you had a heart attack?

I am on insulin, one time per day. I had thought that insulin was going to be painful, but it doesn't hurt at all. I changed my eating habits. The past year before I had my heart attack, I was drinking water and eating anything I wanted. I never checked my blood sugars, and there was always something sweet involved in my diet. I still eat sweets, but in moderation.

I'm checking my blood every day, and now my blood sugar is 125-140. That is a miracle for me because I was use to living with my blood at 300 or 400.

What would you say to others that have diabetes but are afraid to go on insulin?

Doctors prescribe insulin to get people under control and I am a perfect example of that. Insulin doesn't hurt. If you can handle pricking your finger, you can take a needle no problem!

Penobscot Health Center Welcomes New Family Nurse Practitioner Joye Jewell-Hill

The Penobscot Health Center welcomes new Family Nurse Practitioner Joye Jewell-Hill. Joye received her BSN in 1982 at the University of Southern Maine, and her Masters in Nursing, Family Nurse Practitioner Certification at Husson University in 1999. Joye worked as a Registered Nurse for 30 years, but for the past 13 years as a family nurse practitioner, with an emphasis on family practice. She enjoys family practice because it provides an opportunity to provide health care to a diverse



population of people and a diverse age group, as a result there is always new information to learn. Joye also values the emphasis upon the family unit. It is important to understand how the individual patient is interrelated to others in the community.

Her hobbies are quilting, gardening, jewelry making, and knitting. She lives with her husband Doug, 2 dogs, 3 cats and 2 parrots.

Tribal Health Liaison

Live Well, Be Healthy, Medicare Can Help!

By Betty Balderston, Statewide Coordinator for the Maine Senior Medicare Patrol at Legal Services for the Elderly, Augusta, Maine

Did you know that Medicare may now pay up to 100% for many preventive services to help you live a healthy life? The **Annual Wellness Visit** is just one preventive service that helps

keep you healthy by including a personalized prevention plan, a medical care review, cognitive function check-up, review of medical and family history and review of risk factors. In addition to the **Annual Wellness Visit**, most Medicare consumers can also receive:

- One-time Welcome to Medicare Preventive Visit
- Diabetes, heart disease, cancer and depression screenings
- Flu, pneumococcal and hepatitis B shots
- Bone mass measurement
- Tobacco use cessation classes
- HIV screening

For more information on Medicare's

preventive services and other important changes to Medicare as a result of the Affordable Care Act, check out www.maineelse.org and click on "For People with Medicare".

With these new Medicare benefits comes the risk of scams to defraud you and Medicare. **Medicare never visits your home and never calls you to verify your Medicare number or sell you anything.** For your safety, report potential Medicare-related scams to the Maine Senior Medicare Patrol at your local Area Agency on Aging at 1-877-353-3771.

Live Well. Be Healthy. Be Safe!

Upcoming Health Fair Dates



Indian Township
Micmac
Pleasant Point
Maliseet

Friday, July 20th
Friday, July 27th
Friday, August 10th
Saturday, August 25th



The Tribal Public Health Office Welcomes Alex London & Eileen McLaughlin

Alexandra "Alex" London was hired in December of 2011, as Tribal Public Health Administrative Assistant. She is a member of the Houlton Band of Maliseet Indians, and before joining the Tribal Public Health Office, spent the past year and a half working for the Maliseet Education Department. Alex is very excited about joining the team, learning more about public health and working with all of the Tribal Communities in Maine.



Alex London

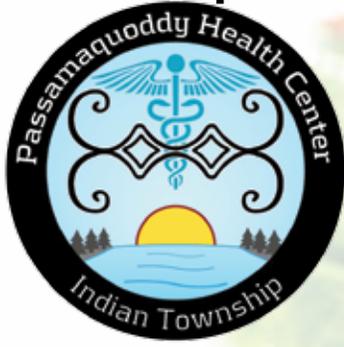
Eileen McLaughlin RN, BSN joined the Tribal Public Health team at the start of 2012, to serve all five tribal communities, as the Tribal Healthy Maine Partnership Project Director. She is grateful to be following particular objectives to help both youth and adults prevent illness, chronic diseases and substance abuse issues. She has worked as a nurse with families and children since 1986 in home

health, school and hospital settings. She is dedicated to advocating for the needs of the tribal members and will work with both local and state organizations in order to best meet these important concerns. Eileen is open to getting feedback from those who are interested in these topics. If you have any questions, you can reach her at the Houlton Health and Wellness center.



Eileen McLaughlin RN, BSN

Passamaquoddy



Health Center

IHS Nashville Area Honors Awards

The IHS Nashville Area Honors Awards were held December 14th in Nashville, TN. Karen Davis, FNP-C, was recognized as Medical Provider of the Year by the Nashville Area Office. Karen was nominated for her dedication and the high quality of care she provides to our patients. We are very lucky to have Karen as our Medical Director and are excited that she was chosen for this award.



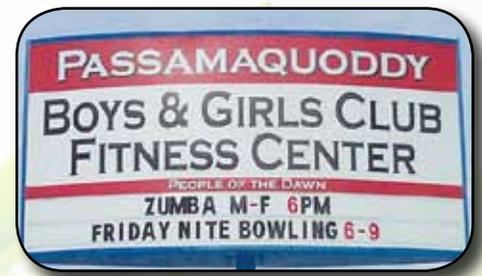
Karen Davis, FNP-C, accepts the Medical Provider of the Year Award from Dr. Harry Brown, IHS-NAO Chief Medical Officer.

Judy McAlpine, LPN, accepted the Special Initiatives Award on behalf of Passamaquoddy Health Centers GPRA Team. PHC staff was honored for being one of only four sites in the Nashville Area to meet all 26 clinical and screening goals in 2011. This award is obviously a reflection of the quality of care provided by our clinicians. However, it is also a testament to all Health Center staff from the receptionists who make people feel welcome when they come in to the maintenance staff who ensure that people feel safe and comfortable getting their care in our building.

What is not obvious about this award is that it is a reflection of our patients' efforts. We can only meet clinical goals if our patients take the time and make an effort to take care of themselves. You've shown this year that you care about your health and are willing to allow us to take care of your health needs. We are honored that you trust us with your care.



Karen Davis and Judy McAlpine with Ms. Martha Kether NAO Director (A) at the IHS Honors Awards in December.



Fitness Center Opens at its New Location

We have recently relocated our Fitness Center from the Creative Apparel building to the Rec Center on Route 1. Our new location offers a brighter, more comfortable space. We hope that the new convenient location is the extra bit of motivation you all need to come in and start your journey to a healthier lifestyle.



Fitness Coordinator Mariah Neptune is available to help you learn to use the equipment and help design a fitness program that is right for you. Feel free to call ahead with any questions.



Pleasant Point



Health Center

Joanne Carney



Joanne Carney has been contracted by the Passamaquoddy Tribe to offer physical therapy services at the Pleasant Point Health Center. She started on March 15, 2012. Joanne will be available one day a week from 9:00 A.M. to 4:00 P.M. The Passamaquoddy Tribe welcomes her and her services to the community.



Fit For Spring



Just a reminder that Pleasant Point fitness Center is promoting *Fit For Spring*. For more information you can call the Pleasant Point Health Center. Hope to see some new faces!



Maine Intertribal Health Newsletter

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CHANGE SERVICE REQUESTED

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BANGOR ME

Dina Currier Prescription Monitoring Program Champion



I'm a current resident of Houlton and have been working for the Houlton Band of Maliseet Indians since August 2011. I hope to continue collaborating with all of Maine's tribes and providing the best health care possible for our families.

I am honored to have been given the opportunity to visit Maine's tribal communities and to update providers on using the PMP. Prescription drug diversion and abuse are widespread throughout Maine. The results are addiction, drug related crime, drug overdose,

death, and the resounding impact on the lives of users and their families. It is our goal to make sure prescriptions are given to those who need them, while curbing misuse.



Editors



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Tribal Public Health Liaisons

News by e-mail

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Check us out online:

www.maine.gov/dhhs/boh/olph/tribal/contact.shtml

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