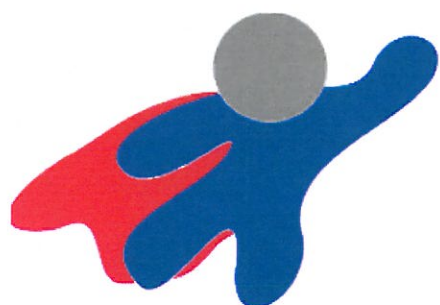


Public Health Newsletter



**June is
National Safety
Month**

Help Us Honor the People Who Keep Us Safe!

Join the Public Health Department in honoring and recognizing the people who help us stay safe.

It could be a friend or a neighbor. Maybe it's your grandmother or your brother. It could be a nurse, a teacher, or even a child, because people help keep us safe in different ways and for many reasons.

So tell us who you want to honor and why and post it on the MLBO Health and Human Services Facebook Page!

Be creative and add videos, photos, images, or messages.

For each message you post honoring someone during the month of June, you will be automatically entered into a drawing for a \$500.00 gift card.

All Ages Can Win — Prize Drawing on June 30, 2020

Open to MLBO Community Members and Staff

For more information, contact: colleen.mckinney@hhs.millelacsband-nsn.org

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Safety on the Road

Advice From Our Expert



From all my years' experience driving for work and personally, I have found these tips to be helpful.

— Bob Mitchell

Buckle Up. Every Trip. Every Time.

All passengers must agree to **wear their seat belts every time** they are riding in your vehicle.

Set the example by **always wearing your seat belt.**

Protect the Children

All **children under 13** should ride in the **back seat.**

Make sure **car seats and booster seats are properly installed** and that any children riding with you are in the **correct car seat, booster seat, or seat belt** appropriate for their size.

Never leave your child unattended in or around a vehicle.

Always remember to **lock your vehicle** when exiting so children do not play or get trapped inside.

Watch Out For Vulnerable Road Users

Warmer weather attracts many types of roadway users, including **motorcyclists, bicyclists, and pedestrians.**

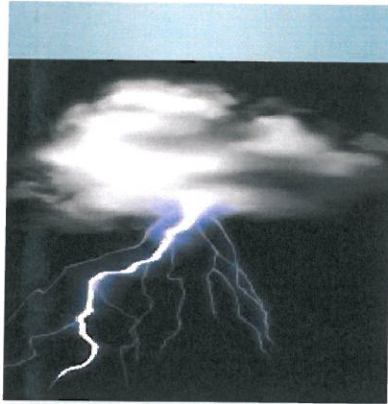
Leave **more distance between you and a motorcycle**—3 or 4 seconds worth.

Do not assume that pedestrians can see you or that they will **act predictably.** They may be distracted, or physically or mentally impaired.

Information on this page provided by Robert Mitchell, CHR Coordinator, Mille Lacs Band of Ojibwe Public Health Department

What To Keep in Your Car Emergency Kit:

- Cell phone & charger
- First aid kit
- Flashlight
- Flares & a white flag
- Jumper cables
- Tire pressure gauge
- Jack (& ground mat) for changing a tire
- Work gloves & a change of clothes
- Basic repair tools & some duct tape (for temporarily repairing a hose leak)
- Water & paper towels for cleaning up
- Nonperishable food, water, & medicines
- Extra windshield washer fluid
- Maps
- Emergency blankets,



National Lightning Safety Awareness Week is June 21 - 27, 2020

There is **no safe place outside** when thunderstorms are in the area. If you hear thunder, you are likely within striking distance of the storm. Just remember, "**When Thunder Roars, Go Indoors!**" Too many people **wait far too long** to get to a safe place when thunderstorms approach. Unfortunately, these delayed actions lead to many of the lightning deaths and injuries in the U.S.

Lightning Facts

- **Nearly all deaths from lightning strikes occur outdoors.**
Victims are boating, swimming, fishing, standing under a tree, mowing the lawn, watching the storm, playing sports, golfing, or running to shelter.
- The majority of lightning strike victims **waited too long to seek shelter.**
- Count the number of seconds between the flash of lightning, divide by five to get an **estimate of the distance away** that the lightning strike occurred.
- The best way for you to protect yourself from lightning is to **avoid the threat.** You simply don't want to be caught outside in a storm.
- Have a lightning safety plan, and **cancel or postpone activities early** if thunderstorms are expected.
- Monitor weather conditions and **get to a safe place** before the weather becomes threatening. **Substantial buildings and hard-topped vehicles** are safe options. Rain shelters, small sheds, and open vehicles are not safe.
- When inside, **do not touch anything that is plugged** into an electrical outlet, plumbing, and corded phones. Cell phones and cordless phones are safe.
- **Keep away from outside doors and windows** and do not lie on a garage floor.

When a Safe Location is *not* Nearby

If you cannot get to safety, you can *slightly* lessen the threat of being struck with the following tips. But don't kid yourself--**you are NOT safe outside.** Know the weather patterns of the area you plan to visit. **Listen to the weather forecast** for the outdoor area you plan to visit. The forecast may be very different from the one near your home.

Avoid open fields, the top of a hill or a ridge top. Stay away from tall, isolated trees or other tall objects. If you are in a forest, stay near a lower stand of trees. If you are in a group, spread out to avoid the current traveling between group members. **Stay away from water, wet items,** such as ropes, **and metal objects,** such as fences and poles. Water and metal do not attract lightning but they are excellent conductors of electricity. The **current from a lightning flash can travel** for long distances.

Information above provided
by Donna Sutton, R.N.,
MLBO Public Health.

Information above adapted from the National Weather Service website: www.weather.gov.

Reasons to Keep a Positive Mindset During COVID-19



It's no secret that the coronavirus has turned our lives upside-down in just a few weeks. Everywhere you look, a news story outlines the dangers of COVID-19. **By deciding to be positive, you can overcome the stress and anxiety.**

Studies show that people who report more positive emotions have an increased ability to quickly recover from stressful events, solve problems and show creativity. In one study, researchers learned that people who were optimistic about an important part of their lives exhibited a stronger immune response than those who were negative. This study and others show a reason to believe that a positive mindset can boost your immune system.

Research also shows that when faced with a stressful situation, positive thinkers cope more effectively than their negative counterparts. These are just some of the effects of positive thinking. Others include improved overall well-being, reduced risk of death from cardiovascular problems, increased lifespan and lower levels of depression.

But How Can We Think More Positively?

Read Uplifting News Stories – One of the silver linings of the pandemic is that it has truly brought humanity together. While newspapers and online publications may have grim statistics, they also show heartwarming stories of human kindness. Focus on these stories when you need to remember that there is good in the world.

Keep a Gratitude Journal – A growing body of research shows a direct link between gratitude and improved sleep, lowered stress levels and improved personal relationships. A journal can also help you to work through your problems. If you're feeling bogged down by COVID-19, write down a list of the things that you're grateful for.

Find Joy in the Little Things – Experience the sights, smells and sounds around you. Instead of running through the day on autopilot, notice the small moments that make life rich. Sit in the sunshine, go for a walk, bake some bread or listen to music – whatever brings you joy!

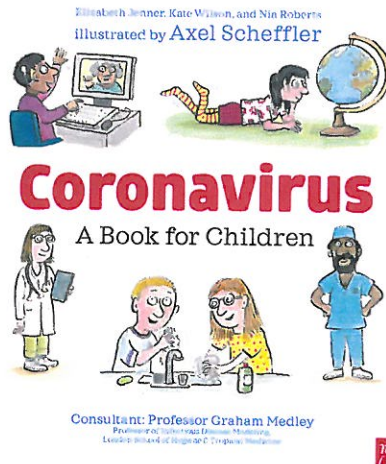
Stories Can Help Soothe Children Who Are Worried About Their World Right Now

For a young child living through the coronavirus crisis, **it's not just the fear of illness** that's cause for anxiety. Children **thrive on structure and routine**, and much of that has flown out the window.

One source of comfort in any crisis is a good story. Several **free coronavirus books** for children have been written that present facts about COVID-19 and explain social distancing. Now's also the time to **tell favorite traditional tales** for the comfort of a familiar story or **create new ones** that address a child's anxiety head-on.

Information on this page adapted from the Today Show Website article, "14 Books to Ease Kids' Anxiety About Coronavirus," by Lisa Tolin, @ <https://www.today.com/shop/13-books-kids-anxiety-t178831#anchor-CoronavirusBooksforKids>

Three Free Downloadable Books For Kids About the Coronavirus



Coronavirus: A Book for Children

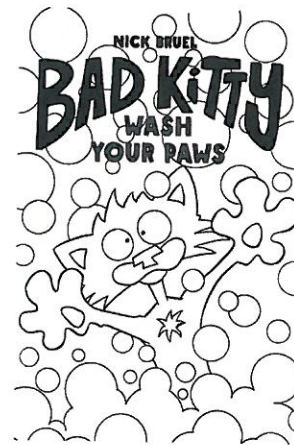
With illustrations from the artist behind "The Gruffalo," this kid-friendly explanation of the coronavirus is free to download. It explains what a virus is, what happens if you catch coronavirus and why we can't go to the places we normally would.

https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf

Bad Kitty Wash Your Paws

This free downloadable book explains the importance of hand (er, paw) washing and lets kids color in the pages themselves. The author also has been sharing storytimes and drawing videos during the pandemic.

<https://www.badkittybooks.com/wp-content/uploads/2020/05/Bad-Kitty-Wash-Your-Paws.pdf>



My Hero is You

In this free picture book, developed with public health experts, a girl and her dragon set off to tell the world about the coronavirus and staying safe.

<https://interagencystandingcommittee.org/system/files/2020-04/My%20Hero%20is%20You,%20Storybook%20for%20Children%20on%20COVID-19.pdf>



IASC
Inter-Agency Standing Committee

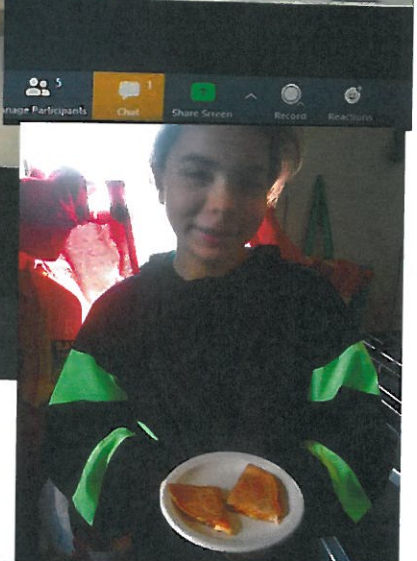
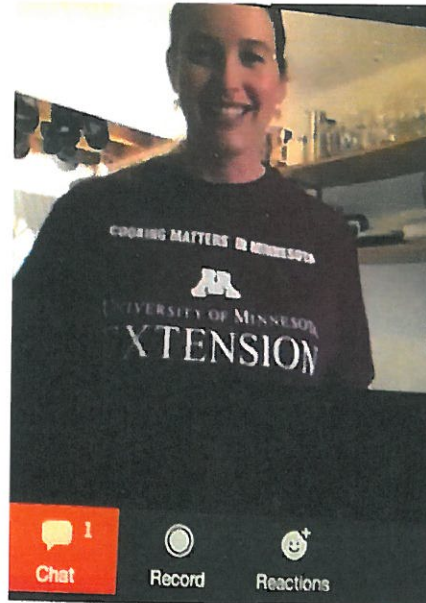
Onamia School Community Education Kids

Keep On Learning About Healthy Food!

Even though lessons are now online, Onamia students haven't stopped making and enjoying healthy meals and snacks! (Ingredients and other items provided by Mille Lacs Band SHIP, Tribal Tobacco and Diabetes Grants.)



(Above): The Cooking Club baked Whole Wheat Banana Muffins.



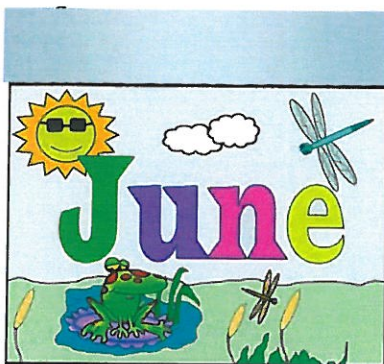
(Above, above right and right): Kam from Mille Lacs County Extension/SNAP-Ed taught an online class on how to make chicken quesadillas.



(Above and right): Students made whole wheat pancakes with fresh blueberries and real maple syrup.



(Above): Puzzle boxes and a healthy snack were delivered to 5th graders. Photos courtesy of Cyndy Rudolph.



Celebrate June!

June 1 — Flip a Coin Day

June 4 — Hug Your Cat Day

June 6—National Gardening Exercise Day

June 8—Best Friends Day

June 10 — Herb and Spices Day

June 12 — National Flip Flop Day

June 15 — Global Wind Day

June 18 — International Picnic Day

June 21 — National Selfie Day

June 26 — Forgiveness Day

June 27 — Sunglasses Day

June 30 — Meteor Day

June Recipe: Summer Steak Kabobs



Great with chicken or pork, too!

Serves 6.
Recipe from Taste of Home website at: www.tasteofhome.com

Ingredients:

1/2 cup canola oil
1/4 cup soy sauce
3 tablespoons honey
2 tablespoons white vinegar
1/2 teaspoon ground ginger
1/2 teaspoon garlic powder
1 1/2 pounds beef top sirloin steak, cut into 1-inch cubes
1/2 pound whole fresh mushrooms
2 medium onions, cut into wedges
1 medium sweet red pepper, cut into 1-inch pieces
1 medium green pepper, cut into 1-inch pieces
1 medium yellow summer squash, cut into 1/2 -inch slices
Hot cooked rice

Directions:

In a large bowl, combine first six ingredients. Add beef; turn to coat. Cover and refrigerate 8 hours or overnight. On 12 metal or soaked wooden skewers, alternately thread beef and vegetables. Discard marinade. Grill kabobs, covered, over medium heat until beef reaches desired doneness, 10-12 minutes, turning occasionally. Serve with rice.

Nutrition facts for 2 kabobs: 257 calories; 12 g fat (2g saturated fat); 46 mg cholesterol; 277 mg sodium; 11g carbohydrate (7g sugars, 2 g fiber); 27g protein. **Diabetic Exchanges:** 3 lean meat, 1 1/2 fat, 1 vegetable.

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Coming Up!



FREEDOM
FROM SMOKING®



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techniques used to help
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- **Module 4 — Live Facilitator Training June 16, 1 to 4 p.m.**

FREE

To Mille Lacs Band
Members and Staff

To register or with
questions, email:
colleen.mckinney@hhs.millelacsband-nsn.gov



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.