

Public Health Newsletter



October is Breast Cancer Awareness Month

Wear Pink on October 15th for Indigenous Pink Day!

**Support breast cancer awareness and early
screening on indigenous pink day.**

**Celebrate the strength of breast cancer
survivors and caregivers.**

**Take a selfie and post it on Facebook.
Or send us a photo and we'll do it for you.**

**Photos may also be posted on the
Public Health page of the Band website and
in the Public Health Newsletter.**

***For more information OR to have us post your selfie OR to get
Breast Cancer Awareness Month buttons and bandanas***

(while supplies last):

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Indigenous Pink

▶▶▶▶▶▶▶▶ Breast Health

1 in **8**



women will get breast cancer in their lifetime

Increased Risks

GENDER
Being female



BREAST DENSITY
High density breasts



GENETICS

Inherited DNA changes in genes



FAMILY HISTORY

Mother, sister, daughter has had breast cancer



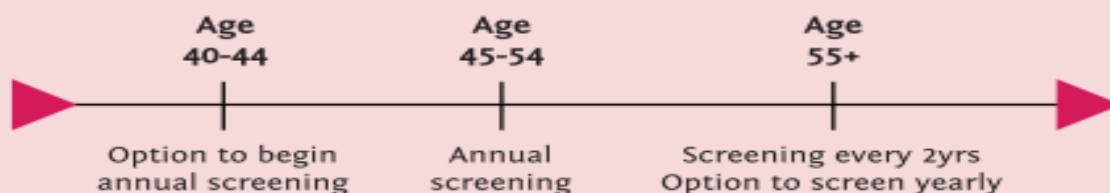
AGE

Getting older

CONTACT YOUR HEALTH CARE PROVIDER IF YOU HAVE ONE OR MORE OF THESE RISKS

Breast cancer usually has no symptoms when the tumor is small and most treatable.

Screening Guidelines/Recommendations



TALK TO YOUR HEALTH CARE PROVIDER ABOUT WHEN SCREENING IS BEST FOR YOU.

Screening Guidelines

- **Women ages 40 to 44 have the option to start annual breast cancer screening.**
- **Women ages 45 to 54 should have a mammogram once every year.**
- **Women age 55 and older should switch to mammograms every two years or can continue with yearly screening.**
- **Screening should continue as long as a woman is in good health and is expected to live at least 10 more years.**
- **Native women should always talk to a doctor or nurse right away if they notice any changes in their breasts.**



Breast cancer is the **2nd** leading cause of cancer death for **American Indian women**.
A mammogram may save your life.

What can I do?



BREASTFEED

Breastfeeding reduces estrogen exposure that helps prevent breast cancer



WEIGHT CONTROL

Overweight or obese women are at a higher risk



REGULAR MAMMOGRAMS

Women 40+ should have the option to have a mammogram once a year



EXERCISE

Exercising 3 days/week may lower your risk



LIMIT ALCOHOL USE

Alcohol can increase estrogen which can increase risk



REGULAR BREAST EXAMS

Speak to your health care provider for options



American Indian
Cancer Foundation.



@AMERICANINDIANCANCER



/AMERICANINDIANCANCER



@AICAF_ORG



AmericanIndianCancer.org

Mammograms During COVID-19:

What Should You Do About **YOUR** Mammogram?



If you had an appointment for a mammogram that was postponed or cancelled, **talk to your healthcare team** about when to reschedule. You can discuss **balancing the risks and benefits**, taking into account your **personal and family history**, other **risk factors**, and the timing of your **last mammogram**.

It is also important to keep in mind that we're focusing here on **screening**. Screening looks for cancer in people who **don't have symptoms**. **If you have signs or symptoms** (for instance, a lump in the breast) you should **discuss this with your provider right away**, as you will need **tests that are different** from screening for people without symptoms.

Mammogram recommendations are **general**, and there **may be flexibility** for some people. Many women get an **annual mammogram** for **breast cancer screening**. However, leading organizations that issue screening guidelines recommend that average risk women ages 55 and older can be screened every two years. **If you are 55 or older and had a normal mammogram within the last year, you could choose to have your next mammogram up to 24 months after your last one.** For more details, see the sidebar on Page 3.

Mammograms need to be done **SAFELY!**

Patients should be **pre-screened for COVID-related symptoms** before screening appointments. Scheduling appointments should allow for **physical distancing** between patients, and longer appointment times, if needed, to **avoid crowding in waiting rooms and patient care areas**. There should be **limitations on visitors** other than patients and/or their caregivers into the screening facility. Everyone, including patients and staff, should wear a **face covering or face mask**, where appropriate. There should be **frequent handwashing and use of hand sanitizer** by staff, patients, and visitors.

Questions?

Talk with your provider. The American Cancer Society 24 hour live help line:

1-800-227-2345

COVID-19 Message from the Public Health Department Staff:

This is adapted from an article interviewing Kaye Hermanson, Health Psychologist at the University of California Davis. Those of us in Public Health agree with what she has to say and hope that it gives you ideas about how to manage during this difficult time.

COVID Fatigue is real and it's strong.

Don't give in to it.



We're all tired of being cooped up, tired of being careful, tired of being scared. Our **COVID fatigue is making some people careless** – one reason COVID-19 is **rising sharply again**.

Facing this fatigue is important for our personal health and for beating the coronavirus. **This is a real challenge. There are no easy solutions.**

During or right after a disaster, communities tend to pull together. But that spirit wears thin as the difficulties and stress build up. That's when we hit the disillusionment phase. **We lose our optimism and start to have negative or angry reactions.**

Many people are exhausted by it all. **Some are saying they don't care** if they get COVID-19. **They'd rather risk getting sick than stay home or be careful.** Others have simply **stopped listening** to health leaders and science.

Research shows that disillusionment can last up to a year from the start of the disaster. **This pandemic is like nothing we've experienced before, and it's not over yet.**

But that doesn't mean we don't have paths to help ourselves and others. It starts with understanding why so many people feel frazzled. **Knowing why we feel that everything is abnormal can help us feel normal.**

We have **unknowns in every part of our lives**. At the same time, a lot of the things we do to cope, the things we enjoy and that give life meaning, have **changed or been put off limits**.

Warnings and numbers have been swamping us for months, but it's **important to hear them**.

***Behave so you protect yourself, your family,
and your community.***

It helps some people just to see others wearing masks. And when you see people wearing masks, tell them thank you. **Positive reinforcement can be powerful.**

Control the things you can. You can't control other people. For every person not masking, look at all the people who are.

If you want to go out, visit family, get back to work, eat out or travel again, **there is only one thing you can do. Follow the health guidelines: Wear a mask, social distance, keep your social interactions outside, wash your hands and do everything else to stay safe.**

That's how you take control.

The complete article can be found at: <https://health.ucdavis.edu/health-news/newsroom/covid-fatigue-is-hitting-hard-fighting-it-is-hard-too-says-uc-davis-health-psychologist/2020/07>.

Four Winds Lodge Wraps up Their Pedometer Challenge— And Adds a New Water Competition!

*Prizes and water provided
through Public Health MDH
SHIP and Tobacco Grants.*

For the past several months, the participants and staff of Four Winds Lodge have been competing in a pedometer challenge, with great results and lots of fun. As summer moves into fall, the pedometer challenge is wrapping up, and a new challenge has begun!

The “Drop the Pop” challenge encourages members of the Four Winds Lodge Community to drink less sugary, sweet, or carbonated beverages, and replace them with a healthier option — water.

**Watch for more updates on the Four
Winds Lodge competitions in future
issues of the Public Health Newsletter!**



*Photos courtesy of Lindsay Misquadace-Berg,
Treatment Director, Four Winds Lodge.*



Celebrate October!

October 1 — Fruit at Work Day

October 4 — Improve your Office Day

October 5—World Teachers Day

October 7—Personal Safety Day

October 11—Father-Daughter Day

October 12 — International Moment of Frustration Scream Day

October 15 — Grouch Day

October 19 — Clean Your Visual Desktop Day

October 21 — Reptile Awareness Day

October 25 — International Artists Day

October 29 — Cat Day

October 31 — Knock-Knock Jokes Day

October Recipe: Honey-Mustard Chicken and Apples



From The Food Network Website

www.Foodnetwork.com

Serves 4

457 Calories per serving

28 grams total fat

122 milligrams cholesterol

200 milligrams sodium

18 grams carbohydrate

2 grams dietary fiber

33 grams protein

Ingredients:

8 skin-on, bone-in chicken thighs (2 to 2 1/2 pounds)

Kosher salt and freshly ground pepper

2 tablespoons extra-virgin olive oil

1 large onion, cut into large chunks

2 cooking apples (such as Cortland,) cut into chunks.

1 cup low-sodium chicken broth

2 to 3 tablespoons honey mustard

1 1/2 teaspoons unsalted butter, softened

1 tablespoon all-purpose flour

1 to 2 tablespoons roughly chopped fresh parsley

Directions:

Preheat oven to 450 degrees.

Heat the olive oil in a large ovenproof skillet over medium-high heat; Working in batches if necessary, add the chicken, skin-side down, and cook until golden, about 6 minutes.

Flip and cook 2 to 3 more minutes, then transfer to a plate.

Pour off all but 2 tablespoons of the drippings.

Add the onion and the apples to the skillet and season with salt and pepper; Cook until slightly softened, about 4 minutes.

Mix the broth with the mustard, then add to the skillet and bring to a boil.

Arrange the chicken, skin-side up, in the skillet; Transfer to the oven and roast until the chicken is cooked through, 15 to 20 minutes; Use a slotted spoon to transfer the chicken, apples, and onion to plates.

Mix the butter and flour to form a paste.

Bring the pan juices to a simmer and whisk in about half of the butter-flour mixture and boil to thicken, 2 minutes.

Continue to cook, adding more of the butter-flour mixture as needed to make a slightly thick gravy.

Season with salt and pepper; pour over the chicken and sprinkle with parsley.

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Coming Up!

The Apple Crunch is Back!



Nay Ah Shing Schools Celebrate Autumn

With Another Great Lakes Apple Crunch

Thursday, October 8th!

For more information, contact Deb Foye at 3220-532-4690, Ext. 2213

Event supported in part by SHIP, SNAP-Ed and Diabetes Public Health grants.



Wewinabi Celebrates Autumn

By Joining in the Great Lakes Apple Crunch

Wednesday, October 7th!

Event supported in part by SHIP, SNAP-Ed and Diabetes Public Health grants.

