

Leech Lake Band of Ojibwe

HEALTH DIVISION

Newsletter

March 2013

Highlights

Program news • Health Division Projects • Announcements

Leech Lake Child & Teen Checkups



The Leech Lake Band of Ojibwe Health Division is pleased to announce an important achievement of the Leech Lake Diabetes Clinic. Recently, the Leech Lake Diabetes Clinic received Education Recognition by the American Diabetes Association. This achievement is an expression of commitment to the Leech Lake tribal communities by the dedicated team at the Leech Lake Diabetes Clinic.

The American Diabetes Association endorses the [National Standards](#) for Diabetes Self-Management Education and has approved the Leech Lake Diabetes Clinic as an ADA Education Recognition Program (ERP). LLDC has joined forces with the ADA to promote quality education for people with diabetes using guidelines from the American Diabetes Association (ADA). LLDC is made available to the Leech Lake Reservation by the Special Diabetes Program for the Anishinaabe people.

Methods of conveying this education to the patients of the clinic include: group medical classes, group education classes and one on one consultation.

For an appointment and more information please contact the team at the **Leech Lake Diabetes Clinic at (218) 335-4511**



Photos submitted with permission for publication

All Tribal Clinics are completely equipped to complete thorough and valid C&TC check-ups. New! Children's eye exam glasses!

Child and Teen Checkups provide health care for children and teens under the age of 21. Regular health checkups are important to remain in good health. C&TC are proactive measures to detect and treat problems early. C&TC health checks include; a physical exam, immunizations, lab testing (if needed), vision and hearing checks, and information about healthy lifestyles.

Finding transportation assistance or access to an interpreter is available.



Please be sure to have your insurance information ready at your appointment.

For an appointment please call **Leech Lake C&TC at (218) 335-8315**



The Leech Lake Diabetes Clinic

Presents

Snowshoes for Head start Kids

The Leech Lake Diabetes Clinic initiated a diabetes prevention project this winter season. A generous grant funded project provided snowshoes for the Head Start kids.

This 2013 winter season arrived with opportunities for lots of sporty fun for Leech Lake Head Start kids. One hundred and thirty pairs of snowshoes were purchased for the Leech Lake Head Start Program. This project was a vision carried out to promote diabetes prevention. The snowshoe project enhanced the Head Start program's physical education curriculum.

In 2012 the total cost of diagnosed diabetes equaled \$245 billion dollars. \$176 billion spent on direct medical cost and another \$69 billion in reduced productivity. (2013, American Diabetes Association) Right now the total prevalence of diabetes in the United States exists in 25.8 million children and adults. (2011, ADA)

Any funding or projects invested in diabetes prevention are efforts well spent. Let's keep up the outstanding work in fighting diabetes.

The photos were taken at the Sugar Point Head Start. Some of the kids appeared to be natural snowshoe experts. One child wept as he wanted to take the snowshoes home with him. The lasting memories are priceless.

NEWS FROM THE CHR DEPARTMENT

Our CHR department has come a long way for years past. We now do more medical transporting than ever before. We have added more programs to help people get to their medical appointments. We have three main transportation programs; Medical Transportation Program (MTP), Medical Transportation Reimbursement Program (MRP), and Medical Volunteer Driver Program (MVP).

The Medical Transportation Program (MTP) is available for Minnesota Health Care enrolled and non-enrolled members. Priority transportation for this program goes to elders, diabetic/dialysis patients, chemo/cancer patients, heart patients, the disabled, and the remaining population.

Medical Transportation Reimbursement Program (MRP) is a program that will reimburse a family member or friend to transport a patient to a medical appointment. Reimbursement cost include mileage (rate of .20/mi), parking fees, lodging and meals if the appointment requires distant travel. No priority list exists for this program.

Medical Volunteer Driver Program (MVP) is a service offering transportation by a registered volunteer driver to transport patients to local or distant medical appointments. This program pays the volunteer driver directly and the service is of no cost to the patient. This program does not have a priority list.

For more information please contact:

Leech Lake CHR Transportation Program

(218) 335-4507

Bob White, Program Manager

Carolee Geving, CHR Office Manager

Volunteer Drivers Needed

The CHR Transportation Department is always in need of volunteer drivers.

Volunteer drivers are now being paid at the current rate of .56 per mile. Meals and lodging may also be paid in specified distant trips.

If you are interested in becoming a volunteer driver, please call the CHR Transportation Department for detailed information.

Bob White

Or

Carolee Geving

(218) 335-4507



CAR SEAT PROGRAM

The Car Seat Program has a new location. You can find the Car Seat Program at the Health Division's secondary location on 312 1st Street in Cass Lake.

The Car Seat Program does provide education, installation instruction, car seat weight limits, informational handouts with each car seat. Appointments are necessary.

For an appointment
Please contact **Tonya Losh (218) 335 - 4502**

Hours of Operation

Monday - Friday
8:00 am - 4:30 pm

Types of seats available:

- Infant - newborn
- Convertible - newborn to 3 years
- High Back Booster - 3 to 5 years
- Booster - Children - 5 to 8 years

To be eligible you must be an enrolled member of the Leech Lake Band of Ojibwe.
Children must be younger than the age of 8 or under 4'9" tall.



Zumba Tonic is dance exercise for children. The State-wide Health Improvement Program (SHIP) endorses Zumba Tonic as an asset to the Leech Lake Head Start's physical education curriculum.

Through an agreement between the SHIP grant and Leech Lake Head Start Program, the Head Start teaching faculty are in the process of becoming certified *Zumba Tonic* instructors. The idea was to train the teachers to become *Zumba Tonic* instructors so that they could pass on the teachings to their classrooms, year after year.

This project is a monumental health movement to keep our kids active. This is a proactive measure in diabetes prevention. The earlier kids can make exercising fun and a natural part of their daily lives, the better potential for those practices to become priorities in their lives.

Hats off to the entire Head Start faculty for taking such supreme care of our most precious resources.

ELDERLY WAIVER ALTERNATIVE CARE PROGRAM

Elderly Waiver/Alternative Care Program (EW/AC) is a home and community-based service available as an alternative to institutionalization. This program promotes optimal health, independence, and safety of a person age 65 years or older, who would otherwise require the level of care provided in a nursing facility.

Basic eligibility for the program is to be a Leech Lake enrolled elder 65 years of age or older, living within the Leech Lake Reservation boundaries, meeting income and resource guidelines, choosing to receive community services instead of nursing facility services, and eligible for Medical Assistance.

Level of care is determined by an assessment done by a Registered Nurse who is designated to perform these specific type of assessments. The assessment may be conducted at the residence, family members and friends are welcome to attend the assessment for support.

When the assessment is complete and service needs are determined, the individual will be able to make final decisions about what providers they will see and services they want to use.

The assessment is provided at no cost to the individual. Depending on individual income and resources, some services may result in being the responsibility of the client.

Your care coordinator will arrange for services, will monitor the delivery of services to make certain they meet the client's needs, in essence acting as the client's advocate. An annual assessment will be done to make necessary changes to the plan or merely for review purposes.

Karen Jones, RN, Program Manager
Pam Mitchell, Case Aide
Gloria Jones, RN

Phone: (218) 335-4531
Toll Free 1-800-282-3389 ext. 4531

SERVICES THAT MAY BE PROVIDED

- Light housekeeping
- Home delivered meals
- Home health
- Personal care
- Assisting technology
- Community transition
- Care coordination

2013 NATIONAL HEALTH OBSERVANCES

March						
S	M	T	W	T	F	S
					1	2
3 3-10 National Sleep Awareness Week	4 4-8 National School Breakfast Week	5	6	7	8	9
10	11 11-17 Brain Awareness Week	12	13	14 World Kidney Day	15	16
17	18 18-22 Flood Safety Awareness Week National Youth Violence Prevention Week 18-24 National Poison Prevention Week	19	20 First Day of Spring	21	22	23
24 World Tuberculosis Day 24-30 National Tsunami Preparedness Week	25	26 American Diabetes Alert Day	27	28	29	30
31						

April						
S	M	T	W	T	F	S
	1 1-7 National Public Health Week	2 SAAM (Sexual Assault Awareness Month) Day of Action	3	4	5	6
7	8	9	10	11 National Alcohol Screening Day	12	13
14	15	16	17	18	19	20 20-27 National Infant Immunization Week
21 21-27 National Infertility Awareness Week	22	23	24 World Meningitis Day	25	26	27
28	29 29-May 3 Air Quality Awareness Week	30				

Announcements

In Memory of Robert D. Jenkins
July 6, 1944 ~ March 7, 2013

Did you know?

You can check your email from anywhere there is Internet availability !

<https://owa.llojibwe.org/owa>

Make sure to include the 's' in the http address, otherwise no access.

Please contact the LLBO - Health Division Newsletter Editor for story ideas and news you would like to be reported.

Editor: Kady Hurtig

Health Division Grants/Contracts Asst. (218) 335-4549

kady.hurtig@llojibwe.org

Leech Lake Band of Ojibwe ***Mission Statement***

"To promote and enhance physical and mental well-being through the provision of comprehensive, high quality health care services and health related programs which are responsive, accessible, coordinated and sustainable.

Fundamental to the achievement of this mission is the inclusion of the Ojibwe culture.

Also, interdisciplinary cooperation from healthcare professionals, educators, social services, and allied professions is critical to provide a lifelong continuum of well-ness that is integrated within the community and support by all cultures."