



Native Aging Visions

A Resource for Native Elders

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Tawnshi!

Greetings to all. I hope this message finds you well. Here at the National Resource Center on Native American Aging we are gearing up for the holidays and for the coming winter with its much colder temperatures. We have already had below zero weather here in eastern North Dakota... brrrrr! With that advent of winter, I'd like to remind our precious elders and elder caregivers to get those flu shots. Also, for those living in the northern states, a reminder to dress warmer by layering outerwear and wearing warm, sensible footwear for walking through snow and sometimes, ice. But, whether you are in cold or warm climates please remember to drink plenty of water (and perhaps tea) to keep hydrated. I know when I get home on cold winter evenings, a cup of hot tea sure hits the spot!

We had a couple of exciting events since our last "Visions" newsletter. Our project coordinator, Collette Adamsen and her husband Jeremy welcomed their first child - a Son! In October, Davis Jeremy Adamsen was born. Congratulations Collette and Jeremy!!

The NRCNAA staff traveled to Washington, D.C. to attend and present at our annual Title VI conference in August. It was so wonderful seeing all of our friends and relatives including the beautiful and gracious women (Cynthia, Cecilia, and Meg) who ran the show there. Thank you

ACL/AOA for the great hospitality and care to all who attended the conference.

On a more personal note, as I grow older it seems that I reach back into my memories of the past more often. I was thinking about how resourceful and hardy Native people have had to be. I remembered when our family got our first washing machine – an electric wringer washer. My Mother, who up until then scrubbed clothes on a wash board in a large, aluminum tub, said, "Washing clothes is going to be so much easier now!" But I soon realized that my Mother and I defined "easier" very differently. Come Sunday which was "washing clothes day," my Mother got all us kids up early to begin to haul water from the creek in that old aluminum tub, carry it back to the house, heat it up on the old kitchen wood stove (she called it her "cook stove") and then haul it to the washer and this is when she actually started "washing" the clothes. There was still wringing, rinsing, hanging on the clothesline, bringing clothes in, folding, and ironing. I'm getting tired just recounting all the steps! But my Mother did it with a smile on her face; so grateful for that old wringer washer!

I ask every one of you to love and cherish our amazing elders. We are cut from a strong, courageous, and nurturing cloth, the same cloth as our Native elders.

Many Blessings! Miigwech.
- Paula Morin-Carter

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Healthy Aging

As we grow older, it is very important to make decisions that will help us age in a healthy way. It is essential to stay focused on the positive aspects of growing older by staying motivated and inspired to improve physical, mental, social, and financial well-being. As a person ages, changes and transitions including career or retirement, children moving away from home, loss of loved ones, and physical changes that include a decline in health can all feel like losses in life. Even though these changes may seem overwhelming, staying positive and reinventing yourself as you pass through different ages will help you to age healthily. Finding new things you enjoy, learning to adapt to change, staying physically and socially active, and feeling connected to your community and loved ones will help to reduce the fear and anxiety of growing older.

As we age, we feel aging means a decline in health and the onset of disability; however, this is not necessarily true. It all depends on

how we respond to the inevitable clock of father time. As we grow older, we are more susceptible to diseases that are more common in older age, but engaging in preventative measures can reduce the odds of these conditions developing. Preventative measures such as recommended regular health screenings, healthy eating, exercising, and managing stress can help reduce the risk of chronic disease or injuries later in life. Positive steps and tips for healthy aging include:

- ❁ Focus on the things for which you are grateful.
- ❁ Acknowledge and express your feelings.
- ❁ Accept the things you can't change.
- ❁ Look for the silver lining in situations.
- ❁ Pick up a long-neglected hobby or try a new one.
- ❁ Play with your grandkids, nieces, nephews, or a favorite pet.
- ❁ Learn something new.
- ❁ Get involved in your community.
- ❁ Take a class or join a club.
- ❁ Travel somewhere new or go on a weekend trip to a place you've never visited.





- ☼ Spend time in nature.
- ☼ Write your memoirs or a play about your life experiences.
- ☼ Connect regularly with friends and family.
- ☼ Make an effort to make new friends.

Another important aspect of healthy aging is exercise. Exercise and physical activity is where the strongest evidence lies, not just for reducing mortality, but also for across-the-board health benefits. Advantages of exercising include fewer heart risks, improved sleep and memory, less depression and pain, better bone strength, and fewer falls. The best kind of fitness is aerobic exercise, but do anything that sounds fun. Effective exercises such as walking briskly, riding a stationary bike, taking a dance class,

or alternating aerobics with strength and flexibility training will provide a well- rounded and beneficial exercise program.

Overall, we are unable to prevent growing older, but we can prevent unhealthy aging which will help us live fuller and happier lives.

References:

1. *MedicineNet.com, Senior Health: Successful Aging.* http://www.medicinenet.com/senior_health/article.htm pgs 1-8

2. *HELPGUIDE.ORG, Staying Healthy Over 50: How to Feel Young and Live Life to the Fullest,* p.

1. http://www.helpguide.org/life/healthy_aging_seniors_aging_well.htm

3. *S. Watson, B. Nazario, MD, and H. Whitson, MD, 2014. WebMD Magazine. The Secret to Healthy Aging, p. 1.*

December Is Flu Vaccination Month

It is once again that time of year to safeguard yourself against the flu season. The flu season begins in early October and can last until May. Falling ill with the flu can potentially lead to hospitalization, and in some cases even death. Statistics show that during the regular flu season, about 90 percent of deaths occur in people 65 years and older. In addition, compared to the general U.S. population, American Indians/Alaska Natives were more likely to become seriously ill from the flu compared to others. The 2009 H1N1 flu was 4 times more likely to result in death among American Indians/Alaska Natives than other races. By receiving the flu vaccination, you are reducing your chances of contracting the seasonal flu. The higher the number of people receiving flu vaccinations, the lower the chances of the flu spreading throughout a community. People for whom it is especially important to receive a vaccination include:

- ⊗ Those who are at high risk of developing serious complications (like pneumonia) if they get sick with the flu.
- ⊗ Pregnant women.
- ⊗ People younger than five years old, especially those younger than two years of age.

- ⊗ People 65 years and older.

People who live with or care for others who are at high risk of developing serious complications:

- ⊗ Household contacts and caregivers of people with certain medical conditions including asthma, diabetes, and chronic lung disease.
- ⊗ Household contacts and caregivers of infants younger than six months old.
- ⊗ Health care personnel.

Celebrate National Influenza Vaccination this month by receiving your flu vaccination so you can enjoy a healthy winter season!

Please visit flu.gov or contact your nearest IHS facility to find out where you can get vaccinated.

References:

1. 2014. *Key facts about seasonal flu vaccine*. Retrieved from <http://www.cdc.gov/flu/protect/whoshouldvax.htm>
2. 2014. *Seasonal Influenza*. Retrieved from <http://www.ihs.gov/Flu/>





Boozhoo!

My name is Shyleen Hall. I am a member of the Turtle Mountain Band of Chippewa Indians from Belcourt, North Dakota. I am currently a student in the Master of Public Health (MPH) Program at the University of North Dakota with a focus area of Population Health Analytics.

I was first introduced to research by Dr. Best and the Genetics and Pre-Eclampsia Study at Turtle Mountain Community College. There we studied the etiology of Pre-Eclampsia in Native Americans with respect to genetics and single nucleotide polymorphisms. I recently completed my practicum for the MPH program with the National Resource Center on Native American Aging (NRCNAA), where I used their Needs Assessment, Identifying Our

Needs: A Survey of Elders to develop a fact sheet on Oral Health in Native American Elders. When I am finished with school, I plan on moving back to Belcourt where I can use my knowledge and skills learned in school to better the community and help improve the quality of life for community members. As a Public Health professional, I would like to focus on health promotion and prevention and evaluation.

I am thrilled to have been awarded the 2014 Dr. Alan J. Allery American Indian Health Research Graduate: Health Researcher of Promise Award. I would like to thank my family and everyone at UND that has helped me on my education journey, all the staff at American Indian Student Services, INMED, and the NRCNAA.

Miigwech



Shyleen Hall

Dr. Alan J. Allery Health Research Award Recipients

The American Indian Health Research Conference was held in October. At the conference, two students were presented with the Dr. Alan J. Allery Health Research Award. The award is given to one person on research done at the graduate level and one student on research done at the undergraduate level.

Congratulations to this year's awardees, Shyleen Hall and Laine Lyons!

Shyleen Hall is an enrolled member of the Turtle Mountain Band of Chippewa Indians. She is a student in the Master of Public Health program at the University of North Dakota, focusing on Population Health Analytics.

She was first introduced to research by Dr. Best and the Genetics and Pre-Eclampsia Study at Turtle Mountain Community College, and recently completed her

practicum for the MPH program with the National Resource Center on Native American Aging (NRCNAA), where she developed a fact sheet on Oral Health in Native American Elders.

Upon completion of her education, Shyleen plans to move back to her home community of Belcourt, North Dakota to use her knowledge and skills to help improve the quality of life for community members. She would like to focus on health promotion, prevention, and evaluation.

Laine Lyons is an enrolled member of the Turtle Mountain Band of Chippewa Indians. She transferred to the University of North Dakota from Turtle Mountain Community College at her home community of Belcourt, North Dakota and is currently a senior majoring in pre-Physical Therapy.



She began learning about and conducting research during the summer of 2013 when she worked in the BioChem lab with Dr. Min Wu on mice cells and the processes related to infection.

During the summer of 2014, Laine became a TURTLE program participant with the Seven Generations Center of Excellence in Native American Behavioral Health grant program. Laine choose to focus her research on Osteoporosis among Native American women working with

data from the National Resource Center on Native American Aging. She was thrilled to have her area of research relate to her Physical Therapy major and future career.

She plans to continue her involvement in research and hopes to gain expertise in this area to enhance her skills and expand her contributions as a practicing health care professional.

Identifying Our Needs: A Survey of Elders Update

Cycle V of the Identifying Our Needs: A Survey of Elders ended March 31, 2014. Participation numbers for Cycle V were 17,049 completed surveys from 142 sites representing 262 Native American tribes/Alaskan villages/Hawaiian homesteads. Everyone did a great job getting their data collected and turned back into our office for processing.

Cycle VI started April 1, 2014 and will continue through March 31, 2017. The Identifying Our Needs: A Survey of Elders has undergone some revisions for Cycle VI. The layout has been changed. The social functioning section has been shortened and a new section on memory and disability has been added. We have changed to a larger font and replaced the numeric grids

(number bubbles) with boxes to just write the numbers in. These changes should make the survey easier to read and hopefully a little more user friendly.

Here in the office we have been programming and streamlining the processing of the revised survey for Cycle VI. We encourage everyone to get the wheels turning by getting your tribal resolutions, getting your elder counts and thinking about your data collection options. Who will be collecting? Will you be partnering with other programs? Will data collection be an option along with other scheduled home visits or will you host an elder's event? It's never too early to start thinking ahead and planning. We hope to have as many if not more participation in this cycle.



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Garlic Tea & Sweetgrass Tea

By Pearl Walker

This recipe is primarily for the symptoms that are typical of a cold or upset stomach. It's an acquired taste, pungent, but works wonders in addition to getting adequate rest if cold symptoms are apparent.

Garlic Tea

- 1-2 Cloves of Garlic (chopped)
- 1 lemon
- 1 tsp cinnamon (sticks or ground, optional)
- 1 tbsp honey (optional, raw-unfiltered is recommended)
- 1 quart of water

Pour water into a saucepan, set at about medium heat. Cut lemon in half and squeeze the lemon juice into the saucepan. Add lemon (both halves), chopped garlic cloves, cinnamon (optional), and honey. Boil 15-20 minutes. Tea is ready to drink. This recipe makes one batch of the tea.

Sweetgrass Tea

- Handful of sweetgrass
- 1 gallon of water

The whole gallon of water does not need to be used to make a batch, depending on the length of boiling, more water might need to be added to dilute the tea once it's done. Put the sweetgrass into a saucepan, add the water. Boil for approximately 30 minutes on low to medium low heat. The water should turn a golden color if it's ready. For a stronger taste, boil longer. For a weaker taste, add more water or boil for a shorter time. Sweetgrass tea works well for headaches.