

GLITEC GAZETTE

News From the Great Lakes Inter-Tribal Epidemiology Center Fall 2022

Boozhoo! Greetings from the Great Lakes Inter-Tribal Epidemiology Center (GLITEC)! This fall 2022 newsletter highlights our latest news and updates. Our quarterly newsletters are posted on the [GLITC](#) and [Bemidji Area Emergency Response](#) websites. To receive our newsletters and other updates in your inbox, [sign up](#) for emails on topics you care about, such as events, news alerts, reports, COVID-19, and funding opportunities.



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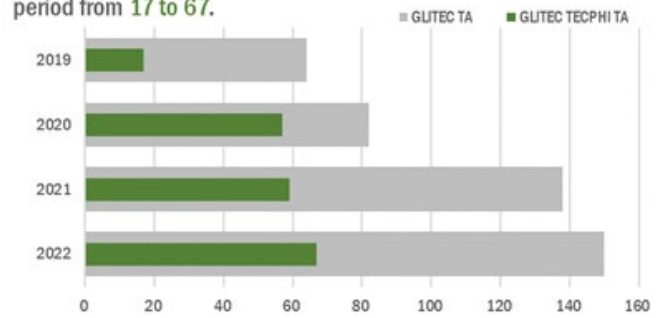
GLITEC Grant Ending and New Beginnings

Since 2017, GLITEC has utilized the Centers for Disease Control and Prevention's Building Tribal Epidemiology Center Public Health Infrastructure (TECPHI) grant to serve Tribal communities. Key highlights from the past five years include increasing the volume and variety of technical assistance offered to Tribes/urban Indian communities, launching a data management platform, and building internal and external staff capacity through learning opportunities.

Technical assistance has been the hallmark of GLITEC since its inception in the mid-1990s. Over the past five years, GLITEC has grown with an increase in staff members, which in turn has coincided with an increase in the number of technical assistance requests. In Fiscal Year 2, 17 unique technical assistance requests were fulfilled or are currently in progress through TECPHI; this expanded to 67 unique requests in the final year of TECPHI. With the support of TECPHI, GLITEC was able to incorporate Indigenous evaluation methodologies into three

technical assistance requests: A video was created, and two digital storytelling workshops occurred in two Tribal communities. New and existing technical assistance will be supported through the new iteration of TECPHI, which started October 2022.

The number of TECPHI technical assistance requests completed or in progress has increased over a four year period from 17 to 67.



Through feedback from Tribal leaders, GLITEC also embarked on creating a data management platform system, starting in FY2. This integrated data management platform provides a secure and reliable end-to-end solution for data retrieval, data storage, data access, and data analysis and visualization for Tribal leaders and their designees. Using Tableau, GLITEC has created a solution for Tribes in the Great Lakes region to have streamlined access to data that initially included COVID-19 data and now also includes opioid-related data. Additional data will be added with the new iteration of TECPHI.

The TECPHI five-year grant has also allowed GLITEC to facilitate many in-person and some virtual learning opportunities for Tribal/urban Indian clinical and public health staff. Training offerings covered a wide variety of topics:

- Grant writing
- Program evaluation
- Immunization best practices
- Hepatitis C/substance use disorder for clinicians
- Introduction to epidemiology
- Epi Info software
- Data visualization
- Resource Patient Management System (RPMS)
- Tribal law and public health authority
- Cost principles/grants management



TECPHI supported the creation of an evaluation [eLearning](#), which covers basic concepts of Indigenous approaches to program evaluation.

For questions or feedback on TECPHI, contact Marissa Hogan, Senior Epidemiologist and TECPHI Program Director, at mhogan@glitc.org or 608-262-9058.



TECPHI supported the creation of three reports.

Stories Matter

Written by Marissa Hogan, MPH

GLITEC strives to provide culturally relevant forms of evaluation to communities. One form of evaluation that GLITEC supported for a couple of communities this past summer is digital storytelling.

Storytelling is a fundamental part of Native cultures. It is not only a communal activity and method of bonding, but also a way to pass down teachings and traditions from one generation to another.

GLITEC worked with an organization named Creative Narrations to conduct the digital storytelling trainings. Creative Narrations believes that the process of storytelling can lead to self-discovery, strengthening relationships, and building power. Digital storytelling is a method that allows participants to produce brief (two- to three-minute) videos by blending their own voices, still photography, and video clips to create short movies about their real-life experiences with specific issues.¹

Participants in the two digital storytelling training sessions held this summer were able to share their

experiences working with Tribal programs and talk about how those programs have affected them. Digital storytelling is a qualitative evaluation tool for Tribal programs to demonstrate the impact their programs are making within their communities.

GLITEC will continue to provide digital storytelling and other Indigenous evaluation methods for the communities we serve.

Learn More

To view examples of digital stories, please check out the [Creative Narrations website](#), their [Vimeo site](#), or previous stories on the [GLITEC YouTube page](#).

If you are interested in using digital storytelling in your community, contact Marissa Hogan, Senior Epidemiologist and TECPHI Program Director, at mhogan@glitc.org or 608-262-9058.

Source:

¹ Digital Stories. Creative Narrations Web site. <http://www.creativenarrations.net/gallery>. Accessed September 19, 2022.



Participants from the first digital storytelling training held this past summer



Participants from the second digital storytelling training held this past summer

International Overdose Awareness Day

Written by Jake Riemer, BS, and Marissa Hogan, MPH

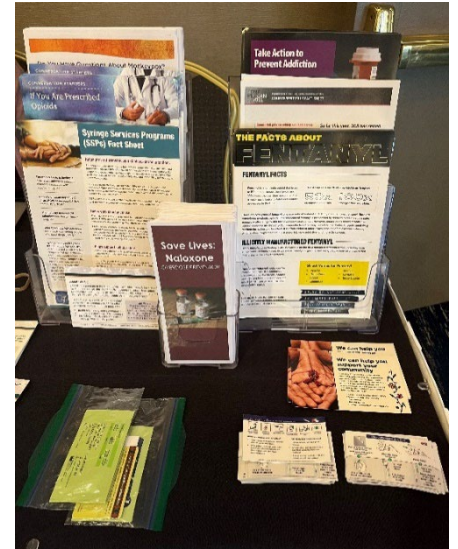
August 31 represents International Overdose Awareness Day. This is a day to:

- remember those we have lost to substance overdoses
- spread awareness of the dangers of substance use
- encourage communities to commit to preventing overdoses.

GLITEC staff were asked to participate in two community events on this day.

Kunhi-Yo “I am Healthy” Event

One event that GLITEC staff participated in on August 31 was the Kunhi-Yo “I am Healthy” overdose prevention event hosted by Oneida Nation in Green Bay, Wisconsin. This event was sponsored by Oneida Behavioral Health’s Tribal Opioid Response Grant and included speakers, education, activities, resources, and support services. GLITEC was honored to be part of this event and to set up a table with resources related to overdose prevention, treatment, recovery, and harm reduction.



Resource table at the Kunhi-Yo “I am Healthy” overdose prevention event

Journey to Well Being Event

The other event GLITEC attended on August 31 is called the Journey to Well Being. This event focused on the commitment to prevent substance overdoses by creating a continuum of care in Lac Du Flambeau, Wisconsin. Local recovery and treatment organizations were present to help community members get connected to resources. GLITEC’s role at the event was to run a “sticky wall” where community members could write down suggestions on how the community could improve around substance use in four major categories: prevention, intervention, treatment, and recovery. Community members had many great suggestions that will be used to help strengthen the response to substance use.



A “sticky wall” at the Journey to Well Being event was used to gather attendees’ suggestions

The event had a fun, yet constructive environment with breakfast, lunch, and dinner, as well as entertainment from Ojibwe musician Paco Fralic. When asked what people should know about the event, Cynthia Lei-Nako, the event organizer, said, “We chose to hold the Journey to Well Being events because we know that to move away from harmful, destructive, and dysfunctional ways of life, we need to connect, stay connected, and reconnect with the services and the people who can be there when the journey is rough and to share our found joys when the journey leads to new and wonderful places.”

If your community has any needs related to overdose prevention, treatment, recovery, or harm reduction, please email GLITEC at gliteccommunications@qlitc.org. We are here to assist you.

Understanding Monkeypox

Written by Emily Davis, MPH

Beginning in May 2022, monkeypox cases have spread throughout the United States.¹ As of September 14, 2022, there were more than 23,000 cases of monkeypox nationwide.

Monkeypox is a disease that is caused by infection with the monkeypox virus.² It primarily spreads through direct contact with an infectious rash, scabs, or body fluids. Monkeypox can also be spread through touching items that previously touched an infectious rash or body fluids. The spread of monkeypox can occur from when symptoms start until the rash has fully healed and a fresh layer of skin has formed. The illness typically lasts 2 to 4 weeks.

The most common symptom of monkeypox is a rash on the hands, chest, genitals, or other parts of the body. Some people also experience fever, swollen lymph nodes, muscle aches, and exhaustion.

To prevent the spread of monkeypox, avoid skin-to-skin contact with people who have monkeypox or a rash that looks like monkeypox. Also, avoid contact with objects that were previously used by someone who has monkeypox, and wash your hands often.

If you think you have any monkeypox symptoms, contact your health care provider and stay away from people and pets.³ There is a test for monkeypox and various medicines that can be used to help you recover.

Event Recap

GLITEC held a webinar on September 14 to provide the latest information on monkeypox for clinical staff in the Bemidji Area (Michigan, Minnesota, Wisconsin, and Chicago). The webinar included presentations from Dr. Melanie Taylor, a Captain in the U.S. Public Health Service and a Medical Epidemiologist for the U.S. CDC, along with state-specific updates from the Michigan, Minnesota, and Wisconsin state health departments.

GLITEC will continue to provide webinars about relevant public health issues as they arise. If you are

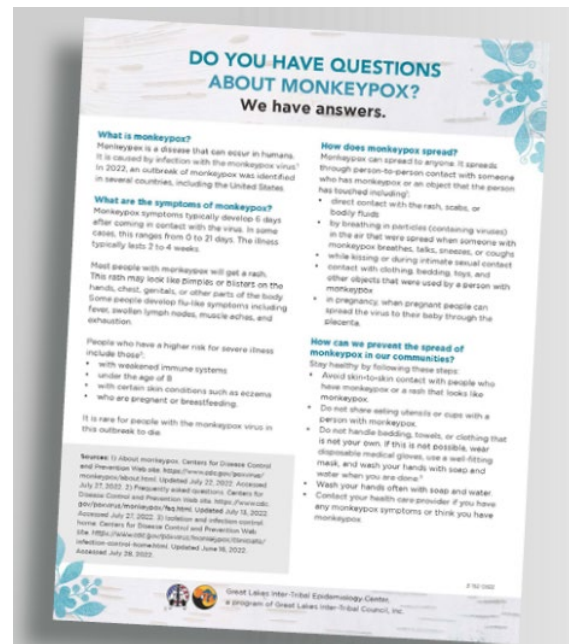
interested in receiving future event information, please [sign up](#) for our mailing list.

Learn More

For more information about monkeypox, view GLITEC's factsheets below:

- [Do You Have Questions About Monkeypox? We have answers.](#)
- [Monkeypox: What to Do if You Are Sick](#)

These factsheets are also available on our [Bemidji Area Emergency Response website](#).



Sources:

- ¹ 2022 Outbreak Cases and Data. Centers for Disease Control and Prevention Web site. <https://www.cdc.gov/poxvirus/monkeypox/response/2022/index.html>. Updated September 14, 2022. Accessed September 16, 2022.
- ² About Monkeypox. Centers for Disease Control and Prevention Web site. <https://www.cdc.gov/poxvirus/monkeypox/about/index.html>. Updated July 22, 2022. Accessed September 16, 2022.
- ³ Isolation and infection control at home. Centers for Disease Control and Prevention Web site. <https://www.cdc.gov/poxvirus/monkeypox/clinicians/infection-control-home.html>. Updated August 11, 2022. Accessed August 12, 2022.

Dance Your Way to Fitness With Powwow Dance Aerobics

Written by Aubrey Racz, MPH, and Jeannie Le, MPH



GLITEC is excited to present a new fitness program called [Powwow Dance Aerobics: Dance Your Way to Fitness](#), featuring Dallas Arcand and Aerobics Artists Chanelle Monroe and Shanley Spence. The purpose of this is to increase access to fitness programs for Native people in a format that is innovative, effective, culturally appropriate, and accessible to all of Indian Country.

The fitness program is a collaborative project of Dallas Arcand, CMA Entertainment, Red Roots Productions, and GLITEC. Dallas, a three-time World Champion Hoop Dancer from the Alexander First Nation (Kipohtakaw) Treaty 6 in Alberta, Canada, brings together powwow dancing, aerobics, and fitness to lead participants through this program.

About the Powwow Dance Aerobics Program

This fitness program is geared toward people of all skill levels and is suitable for all ages, from toddlers to Elders. The program includes four main sections:

- an introduction of Dallas, Shanley, and Chanelle
- beginner- to advanced-level fitness program
- dance performances by Dallas, Shanley, and Chanelle
- flute song performance by Dallas.

Throughout the fitness program, Dallas emphasizes the importance of connecting to traditional culture through powwow dance while simultaneously improving health. He explains how the program is not only completed in four parts (warm up, stretch and meditation, workout, and cool down), but how it also aligns with the four parts of the medicine wheel:

- **Physical:** The Powwow Dance aerobics program is a physical workout for participants. It is a way to get people moving and increase one's heart rate to improve physical health.
- **Spiritual:** This program is also a spiritual workout. By dancing to the beat and spirit of the songs, Native participants are able to connect with their ancestors.

- **Emotional:** Doing Powwow Dance aerobics can provoke an emotional response. Dallas encourages participants to connect with their identity and themselves. It is a great form of self-care and self-love.
- **Mental:** This program also exercises the mind. Working out the mind by constantly paying attention to the beat and being mindful of the entire process is just as important.

How to Access the Program

The fitness program is available in multiple formats:

- Online via YouTube: <https://youtu.be/VTLvb9Q1n18>
- DVD*
- Flash drive*

* Contact GLITEC at gliteccommunications@qlitc.org to request a copy of the DVD or a flash drive.



Submit Your Feedback

Participants are encouraged to complete a three-minute survey to share their experiences with this program. Everyone who does so will receive a free T-shirt while supplies last. A paper survey is located inside the DVD case along with a pre-stamped envelope to send the survey to GLITEC. For an electronic survey, scan the QR code with your phone or visit <https://glitec.tiny.us/PowwowFitnessSurvey>.

Building Relationships Through Tribal Health Fairs

Written by Marissa Hogan, MPH

Throughout the summer, GLITEC staff attended health fairs hosted by Ho-Chunk Nation, the Gerald L. Ignace Indian Health Center, Bad River Band of Lake Superior Chippewa, and St. Croix Chippewa Indians of Wisconsin. At each event, GLITEC employees staffed a resource table where they provided health fair attendees with various GLITEC resources and publications, including GLITEC reports, factsheets, and promotional materials.

Attending community events is one way GLITEC staff communicate with community members and build relationships with the communities we serve. Participating in community events allows staff to more fully understand the unique needs of each community we serve, allowing us to provide better services to these communities and live through our mission. GLITEC's mission is to support Tribal communities in their efforts to improve health by assisting with data needs through partnership development, community-based research, education, and technical assistance. GLITEC staff have made many great connections through the health fairs this summer and are grateful to the communities for inviting us to attend these events.



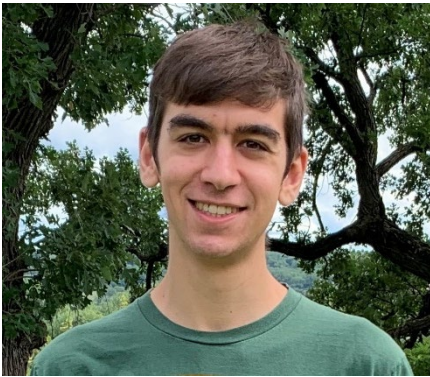
On August 10, GLITEC staff members Julie Nystrom, Jeannie Le, Marissa Hogan, and Supriya Gupta (left to right) attended the Bad River Health Fair. This event welcomed more than 700 attendees.

If your community has upcoming events, please contact GLITEC at gliteccommunications@qlitc.org. GLITEC would be happy to attend and provide resources as needed.

Say *Hello* to Our New Team Members!

The Epidemiology Center recently welcomed three new members to our team. Please welcome Anthony Johnson, Epidemiologist; Aubrey Racz, Public Health Specialist; and Margaret Marcou, Public Health Specialist, to the Epidemiology Center!

Anthony Johnson, MS – Epidemiologist



Hello! My name is Anthony Johnson. I started as an Epidemiologist for GLITEC in the Minneapolis, Minnesota, satellite office in July. I am originally from Minneapolis and went to the University of Minnesota for both my undergraduate and graduate degrees. I recently got my Master of Science in biostatistics after getting a Bachelor of Science in math. All this makes it clear I like Minnesota and, in particular, Minneapolis. With that being said, I am looking forward to expanding my horizons and experiencing different areas.

I became interested in public health at the end of my time as an undergraduate. This led me to the University of Minnesota School of Public Health. Since I received a bachelor's in math, I thought biostatistics seemed like a good way to continue using the math skills I had learned. I enjoyed the blend of numbers and public health that the program provided, and I was able to get a good understanding of many statistical methods. As someone who did not study epidemiology, I am excited to learn more about it, especially in terms of the Tribal Epidemiology Centers. I am excited for the challenge and hope to have an open mind.

In my free time, I like watching and playing sports and reading. I am a fan of all the Minnesota sports teams, except I am a fan of the Green Bay Packers instead of the Vikings. I like playing baseball and basketball and running. My favorite author is George R.R. Martin.

Aubrey Racz, MPH – Public Health Specialist

Hi everyone! My name is Aubrey Racz, and I am thrilled to be joining GLITEC as a Public Health Specialist. I am new to the area, originally from Albany, New York, and am excited to become a Wisconsinite. (Jury is still out about becoming a Packers fan, though)!

Working in public health wasn't always my plan. After graduating from Binghamton University with a Bachelor of Arts in environmental studies and Spanish, I was unsure what my next step would be. Knowing my interests in clean water initiatives and the environment along with my desire to help others, it was my dad who eventually suggested I look into public health. A couple of years later, I graduated with my Master of Public Health in environmental health sciences and a graduate certificate in global health studies from the University at Albany.



While a student, I completed internships relating to clean water projects both locally and internationally. I supported the New York State Department of Health Bureau of Water Supply Protection with various projects concerning public drinking water contaminants such as PFAS and microcystin. I also interned with a global nonprofit organization called Pure Water for the World, providing safe water, sanitation, and hygiene (WASH) solutions in Honduras and Haiti. Later, I was recognized as their organization's WASH for Women Empowerment Scholarship recipient and spent one month working with their team in rural communities in Honduras on a menstrual health and hygiene education program. This experience solidified my passion for public health and WASH programs along with my desire to support underserved communities.

After graduating, I worked at Albany College of Pharmacy and Health Sciences in its COVID-19 testing lab. Although it was stressful, working to get the community through the pandemic safely was very rewarding.

In my free time, I enjoy playing sports, especially basketball, and spending time outdoors, either going on walks, hikes, or bike rides. I look forward to working with you all and learning from the Tribal communities we serve!

Margaret Marcou, MAS – Public Health Specialist



Hello everyone! My name is Margaret Marcou, and I joined GLITEC as a Public Health Specialist. I'll be working in the Madison, Wisconsin, satellite office for now. The plan is that I'll relocate to Lac du Flambeau, Wisconsin, next year.

I grew up in Wisconsin and received my bachelor's degree in business administration at Cardinal Stritch University with a certificate in human resources. When I considered going back to school for a health-related career, I went to the University of North Carolina (UNC) for a Master of Public Health in nutrition because they had one of the best public health programs for a state school. So, in 2011, I moved down to North Carolina. While I worked in the emergency department at UNC Hospital, I took prerequisite classes for the nutrition program.

While in North Carolina, I volunteered at the Inter-Faith Food Shuttle, Raleigh City Farm, and South Wilmington Street Center, which is a men's homeless shelter. After working in the ER, I began working in the Lineberger Comprehensive Cancer Center, first as a Regulatory Assistant and then as a Clinical Research Coordinator in oncology. While I was a Clinical Research Coordinator, I applied to a broader program offered by Johns Hopkins Bloomberg School of Public Health. I graduated in May 2020 with a Master of Applied Science in community-based primary health care programs in global health. Although I prefer taking in-person classes, the flexibility of this online program worked well for me. In 2019, it allowed me to move back to Wisconsin without disrupting my program, and in 2020, I was able to continue through to completion despite COVID-19 shutdowns.

Since returning to Wisconsin, I worked as a project coordinator at Covance, then as a project manager at PPD, and then at Wisconsin Literacy. At Wisconsin Literacy, I worked in its Health Literacy department, managing a grant they received for Vaccine Community Outreach for the COVID-19 vaccine. In my free time, I like walking/hiking in nature and reading.

Toolkit and Training Aim to Strengthen Tribal Risk Communication

Written by Christina Denslinger, PhD

This summer, GLITEC released the [Risk Communication Toolkit 2022](#) in partnership with Seven Directions: A Center for Indigenous Public Health at the University of Washington and the Inter Tribal Council of Arizona, Inc. (ITCA) Tribal Epidemiology Center.

The toolkit was created to support Tribes and urban Indian organizations in their development of risk communication plans. It contains information, resources, and examples for Indigenous communities to establish, review, or update their risk communication efforts. While the toolkit focuses on adverse childhood experiences, intimate partner violence, and suicide, the content also applies to other health and wellness concerns.

To help introduce the toolkit and familiarize people with its content, GLITEC and ITCA sponsored a virtual risk communication toolkit training on July 13 and 14. This two-day training, hosted by Seven Directions, walked participants through the steps of planning and preparing a risk communication plan. Throughout the training, there were opportunities for people to brainstorm, engage in discussion with others working on risk communication teams, and explore their own risk communication plans.



Submit Your Feedback

We would love your feedback on the Risk Communication Toolkit. GLITEC is using a brief, anonymous survey to evaluate the toolkit's usage, functionality, benefits, and areas of improvement. Your feedback will help guide GLITEC's future projects to help us better serve Tribal communities.

Take the survey at <https://glitec.tiny.us/survey> or scan the QR code. Thank you for your feedback!



Connect With Us

The Risk Communication Toolkit is available on our [website](#).

If you have any questions about the toolkit, please contact us:

- Julie Nystrom, Communication and Design Specialist, at jnystrom@glitc.org or 715-588-1015
- Christina Denslinger, Program Director, at cdenslinger@glitc.org or 715-588-1067

To request a hard copy of the toolkit, email GLITEC at gliteccommunications@glitc.org.

Great Lakes Inter-Tribal Council Epidemiology Center

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glitec.org/programs/epidemiology-and-education/

Our Mission

To support Tribal communities in their efforts to improve health by assisting with data needs through partnership development, community-based research, education, and technical assistance.

Wild Rice Cakes

Makes about 4 to 6 cakes

The recipe for these couldn't be simpler. It's just overcooked wild rice, pureed into a thick dough. We like to stir in a little cooked wild rice for texture. Once shaped, these will keep several days in the refrigerator, so feel free to make them ahead. Leftovers may be re-crisped in a low oven until warmed through.



Recipe courtesy of The Sioux Chef's Indigenous Kitchen
by Sean Sherman with Beth Dooley

Ingredients:

- 2 cups cooked wild rice
- About 3 cups water
- Pinch salt
- Generous pinch maple sugar
- 3 to 4 tablespoons sunflower oil or more as needed

Cooking Instructions:

1. Put 1 1/2 cups cooked wild rice and water into a saucepan, reserving 1/2 cup. Place over high heat, bring to a boil and reduce the heat to a simmer. Cook until the rice is very soft and the water has evaporated. Drain. In a food processor fitted with a steel blade, puree the rice into a sticky dough. Place the dough into a medium bowl and work in the salt, sugar, and the remaining cooked rice.
2. Scoop out a scant 1/4 cup dough for each patty and shape to rounds about 1/2-inch thick. Heat the oil in a heavy skillet and brown the patties about 5 to 8 minutes per side until lightly browned. Transfer the patties to a baking sheet and place in a warm oven until ready to serve.