We welcome you to the Great Lakes Inter-Tribal Council Epidemiology Center (GLITEC) quarterly newsletter! You’ll find it is filled with programmatic updates, future funding opportunities (if any), upcoming events, trainings, conferences, staff-related news, healthy recipes, and health-related topics. We want this newsletter to be valuable for you so please, share your feedback and suggestions to help us improve. We hope you like this way of sharing our knowledge and news with you!

Within this newsletter, we will be highlighting our staff within the Epidemiology Center. Also, you will find information on how to stay healthy - significant at this time of year with the cold and flu season upon us. Currently, we have two funding opportunities available; please visit http://www.glitc.org/programs/epi-home/ to find out more information or learn how to apply!

Maybe you have a family member, community member, coworkers, or friend who may benefit from the information in our e-newsletter - please share! Each of our quarterly newsletters will be posted on our website, posted on our Facebook Page (Great Lakes Inter-Tribal Epidemiology Center a program of GLITC) and be mailed out. Join our email list today, by visiting www.glitc.org/epicenter and filling out the newsletter link!

The last few months have brought some changes at the Great Lakes Inter-Tribal Council Epidemiology Center. In January 2019, we welcomed our new Epidemiology Center Director, Dr. German Gonzalez, MD, MPH, FACE. He is responsible for overseeing the Epidemiology Department. GLITEC services include: planning and implementing technical assistance, public health practice, research, and epidemiological support services to Tribes and Urban Indian Health Programs in the Bemidji Area (Michigan, Minnesota, and Wisconsin). During our time since the last GLITEC Gazette, we have also added some brand-new staff members to our Epidemiology department. We are excited to have a wide variety of knowledge and skills within our department. This fall we had a successful Strategic Planning meeting to plan for the upcoming years to better serve the Bemidji Area.

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Dr. German Gonzalez, MD, MPH, FACE – Epidemiology Center Director and Medical Epidemiologist

Dr. German Gonzalez joined Great Lakes Inter-Tribal Council (GLITC) as the Great Lakes Inter-Tribal Epidemiology Center Director, where he is responsible for overseeing the team on planning and implementing technical assistance, public health practice, research and epidemiological support services to Tribes and urban Native American health programs in a three-state region (Michigan, Minnesota, and Wisconsin). Dr. Gonzalez came from the Georgia Department of Health (GDPH) where he served as Medical Epidemiologist and Director of the Office of Epidemiology for the Fulton County Board of Health. Previously, Dr. Gonzalez was at the Florida Department of Health as the Health Executive Medical Director, Bureau of Epidemiology, Division of Disease Control and Health Protection and had direct oversee of the Infectious Disease Prevention and Investigations (IDP&I) Section operations. In this role, Dr. Gonzalez oversaw the acute disease team, food and water disease program, vector-borne and zoonotic program, healthcare-associated infection program, the FL Epidemiology Intelligence Service Fellowship (FL EIS), and served as senior Medical Epidemiologist as well.

Previously, he was the Disease Response and Control Manager / Senior Epidemiologist for the Whatcom County Health Department in Bellingham, WA for three years, and the Infectious Diseases and Epidemiology Unit Director and Medical Epidemiologist for the North Central Health District for over nine years. Dr. Gonzalez earned his medical degree from the Universidad Nacional de Colombia. In addition, he received a Master of Public Health with a concentration in Health Care Outcomes Management, from Rollins School of Public Health at Emory University. Dr. Gonzalez was directly involved with research and deployment of syndromic surveillance while in central GA, reaching the healthcare community within and outside his jurisdiction. Moreover, Dr. Gonzalez successfully joined teams with nontraditional partners such as emergency responders, law enforcement, and civic groups promoting public health and providing a dependable source of support and information for the community.

Christina Denslinger, PhD – SPF-PFS Program Manager

Hello everyone! My name is Christina Denslinger and I am the Program Manager for the Strategic Prevention Framework-Partnership for Success (SPF-PFS) grant. Though born and raised in Erie, Pennsylvania, I moved to Wisconsin from Virginia where I attended graduate school.

I graduated from Virginia State University with a Doctor of Philosophy in Health Psychology with a concentration in community and behavioral health in 2018. While in school, I had the opportunity to work on projects surrounding sexual health and substance use among African American college students, including managing a grant aimed at preventing underage drinking within this population. I also spent time working at a one-stop organization dedicated to providing and connecting veterans and their families to a variety of wraparound services, such as benefits, housing, and employment. During my time there, I participated in community outreach services, assisted...
with shelter services and helped facilitate employment classes. Prior to my graduate work, I earned a Bachelor of Science in Psychology with a minor in English.

My passion for health promotion drives me to support communities in their efforts to improve health and well-being. I was given the opportunity to work as an intern for two summers under this grant program as part of a prevention internship program funded by the Substance Abuse and Mental Health Services Administration and the Center for Substance Abuse Prevention. The experience taught me so much about prevention and the American Indian communities within the Great Lakes region, and I am excited to be back and continue learning from and working with the communities we serve!

In my free time, I enjoy experimenting with baking, cooking, and art. I love trying new recipes and foods and can often be found reading food blogs to gain new inspiration!

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**Stephanie Bliss, MS – Epidemiologist/UMB Program Manager**

Hello there! My name is Stephanie Bliss and I am currently working as an epidemiologist and Program Manager at Great Lakes Inter-Tribal Epidemiology Center (GLITEC) in Lac du Flambeau, WI. The main project I work on is called the Umbrella Project where we aim to reduce opioid use through partnerships, data quality improvement projects, and capacity building. My favorite part of the work is connecting with and learning from community members.

I am originally from Farmington Hills, MI which is near Detroit. Before moving to Minocqua, WI to work at GLITEC, I lived in Michigan’s Upper Peninsula for 11 years (Houghton/Hancock). My educational background includes a Bachelor of Science in Sociology from Eastern Michigan University and a Master of Science in Epidemiology from Michigan State University’s College of Human Medicine. I have had the pleasure of working with the Inter-Tribal Council of Michigan as a program manager on commercial tobacco prevention/cessation and cancer linkages. In addition, I have worked with Keweenaw Bay Indian Community at Keweenaw Bay Ojibwe Community College on the Diabetes Education in Tribal Schools (DETS) curriculum and the Donald A. LaPointe Health and Education Center as an epidemiologist consultant and public health accreditation coordinator.

In addition to my professional role, I am a mother of two funny, loving and intelligent children, Ava and Jack. Our little family includes a puppy named Buddha. I enjoy learning new things, traveling, and spending time in the woods. I feel very fortunate that I have this opportunity to serve Tribal communities in the Bemidji Area.
Tyler LaPlaunt, MS – GHWIC Program Manager

AAanii Kina! (Hello All!) My name is Tyler “Migizii Migwan” LaPlaunt (Eagle Feather). I am a citizen of the Sault Ste. Marie Tribe of Chippewa Indians located in Michigan’s Upper Peninsula. I was born in Sault Ste. Marie, MI and raised in Marquette, MI. I am the Program Manager for the Good Health and Wellness in Indian Country (GHWIC) grant and dually serve as the Executive Director to the Great Lakes Area Tribal Health Board (GLATHB) through a partnership between our organizations. Through GHWIC and GLATHB we strive to reduce chronic disease and illness by creating healthy changes in policy, systems, and the environment, community clinical linkages, navigate state and federal resources, provide policy input, technical support, and strengthening a vast network of health professionals, Tribal leadership, and local, state, and federal partners.

This past year, our Epidemiology Center has seen tremendous growth and I am extremely excited about the opportunity to work with this talented staff to help improve health and wellness for all American Indian and Alaska Native people. I have recently returned to the Lac du Flambeau office and it is nice to see the place abuzz with positive energy and motivated workers. The Epidemiology Center staff is an asset to all our communities, and I encourage you to reach out and utilize the technical support and expertise. If you would like to talk, please feel free to reach out to me by calling 715-588-1015 (Office) or e-mail tlaplaunt@glitc.org. I look forward to working with you. Chi Miigwetch! Tyler

Meghan Porter, MPH – Senior Epidemiologist/EPA Program Manager

I’m Meghan, and I’m happy to get the chance to introduce myself to you if we’ve never met, or just say “hi” if we already know each other. I’ve been working for the Great Lakes Inter-Tribal Epidemiology Center (GLITEC) since 2008; currently I am the Program Manager for the cooperative agreement funding from IHS and I’m also a Senior Maternal and Child Health Epidemiologist. I love being able to work on maternal and child health topics because the potential effects are so large-efforts that address the health of families today will have positive results for generations to come.

Before I came to GLITEC, I had an internship on a reservation in South Dakota primarily working on issues of violence against women and girls, including working as a domestic violence/sexual assault advocate. When I began working at GLITEC I lived in Wisconsin and worked at the main office in Lac du Flambeau. After two years in the Northwoods, I set off to establish the Minneapolis satellite office (we now have a couple large cubicles at the University of Minnesota). I grew up in the Twin Cities and my family is there—it’s really nice being near them, and I also like the city life. In my free time I like riding my bike, making art, going to see live music, spending time outside, and traveling.

What I’ve valued about working at GLITEC has been the ability to work with communities on projects that are meaningful to them and being able to assist in addressing the needs they identify. I’m so thankful that I’ve had the opportunity to work for the American Indian communities in the region over the years and I look forward to continuing working with you.
Samantha Lucas-Pipkorn, MPH – Senior Epidemiologist/TEC-PHI Program Manager

Hello Everyone, my name is Samantha Lucas-Pipkorn. I obtained my Master of Public Health in Epidemiology from Georgia Southern University. I am originally from Atlanta, GA and began working at the Great Lakes Inter-Tribal Epidemiology Center in January of 2011 as a Chronic Disease Epidemiologist. I have had the privilege of assisting Tribes/urban Indian communities in their efforts to improve health in a variety of ways to make informed decisions about their communities.

Currently, I am a Senior Epidemiologist/Program Manager of the Centers for Disease Control and Prevention grant, Building Public Health Infrastructure in Tribal Communities to Accelerate Disease Prevention and Health Promotion in Indian Country. I am delighted to serve Tribal communities in a variety of capacities, one of my more frequently requested services are for strategic planning and program evaluation. When I am not working, I enjoy eating delicious food and spending time with her friends, husband, and toddler daughter.

Valerie Poole, MPH – Epidemiologist

Hello, my name is Valerie Poole and I am a new epidemiologist joining the GLITEC team in Lac du Flambeau! I moved to the Northwoods from Denver, Colorado where I was born and raised. I recently completed my Master of Public Health degree in Epidemiology and Global Health at the Colorado School of Public Health.

While in school, I also worked in HIV surveillance and outreach on the CDC’s National HIV Behavioral Surveillance project. Through school I had the opportunity to travel to Kisumu, Kenya to collaborate with a local clinic in designing and conducting a study aimed at identifying risk factors for high viral load in pregnant and postpartum women living with HIV. I was also able to travel to Chennai, India with my school to conduct a Needs Assessment in a rural village. We collaborated with a local health organization as well as students from a local school to administer surveys in the village. Prior to working in public health, I earned my Bachelor of Science in Nutrition and spent some time working in the natural health industry.

I was originally drawn to work in public health because of my passion for health equity. I am an avid believer in community-led public health being the most effective way for lasting change. I feel very excited and humbled to join this organization in its mission to “enhance the quality of life for all Native people” and serve these communities.

In my free time, I like to cook, (attempt to) make pottery, hike with my husband and our dog, cuddle with my cats and watch Netflix, and play board games. I am also excited to learn some new outdoor winter activities!
Ha Truong, MPH – Epidemiologist

Hello, everyone! My name is Ha Truong, and I recently joined the Great Lakes Inter-Tribal Epidemiology Center (GLITEC) as an epidemiologist in August 2019.

I was born in the coastal city of Da Nang, Vietnam; spent my early childhood in New Orleans, Louisiana; and grew up in the suburbs outside of Atlanta, Georgia. I am a proud alumna of the University of Georgia, where I studied Biology and English, and Emory University, where I earned my Master of Public Health in Global Epidemiology.

At Emory, I enjoyed working with professors and students as a teaching assistant for introductory epidemiology courses, research assistant for HIV and social epidemiology research, and mentor for local high school seniors. I completed my practicum in Zambia where I assessed the need and feasibility for STI partner notification services at HIV prevention clinics. I conducted my thesis with the CDC on factors associated with HIV testing in Zambia by analyzing a national population-based survey.

I am fortunate to have discovered, studied, and now practice epidemiology because to me, epidemiology is a discipline rooted in rigorous quantitative methods but aspires to public health impact and relevance. I firmly believe in incorporating the social determinants of health, including culture, traditions, history, and politics, into public health practice. I am continually inspired and humbled by the resiliency and agency of the communities I’ve worked with and look forward to working with and learning from the Tribal communities served by GLITEC.

In my free time, I enjoy painting (watercolor and acrylic), attempting new recipes, receiving pictures/videos of my dog Toto in Georgia, and watching travel/food/crime/drama TV shows. When I’m feeling adventurous, I seek out concerts, spectacular hikes, and travels with my three younger sisters and good friends.

Traci Buechner, Fiscal Assistant

Hello, my name is Traci Buechner. I am currently the Fiscal Assistant at the Great Lakes Inter-Tribal Epidemiology Center. I went back to school later in life and just prior to starting at Great Lakes Inter-Tribal Council. I received an Associate Degree in Health Care Business. Since starting at Great Lakes, I have completed a Grants Management Certification Program and have taken a few other courses that would assist me in my position. When I started at Great Lakes almost eight years ago, I was not sure what I was getting into. I couldn’t even say the word “epidemiology” let alone provide a definition. Now I can say “epidemiology” without stuttering and I almost have the definition figured out. Our staff is a very unique group of awesome people and I couldn’t ask for better co-workers. I enjoy the work I do and getting to know the community members we work with.

I was born and raised in a small town about 45 miles west of Lac du Flambeau, WI. Yes, it is a long drive, but I have found audio books and they have been a life saver. I have not figured out how to deal with the bad roads in the winter, other than telecommuting from Florida, but that probably isn’t an option. I am married with two adult sons. My oldest son got married last summer and my youngest is planning on getting married next summer. There are no grandbabies in my near future, but I am holding out hope!
Gifty Crabbe, MPH – Epidemiologist

Hi, my name is Gifty Crabbe and I am an epidemiologist at GLITEC. I completed my MPH in Epidemiology at the University of Iowa College of Public Health. I first joined GLITEC in the summer of 2017 as an intern before getting hired as a full-time staff in the fall of 2018. During my internship, I worked with Meghan Porter on the Bemidji Area Childhood Immunization Needs Assessment (BACINA) project, now known as the Bemidji Area Childhood Immunization Project (BACIP). Currently, I work with Samantha Lucas-Pipkorn and Meghan Porter on a variety of projects.

I became interested in public health from an undergraduate research experience in India focused on rural mothers’ awareness about the newly introduced pentavalent vaccine. After that, I served with AmeriCorps VISTA, helping to increase dental access for underserved communities in the Twin Cities area through the Advanced Dental Therapy Program. Since then, I have had the opportunity to explore different areas in public health and my current role at GLITEC helps to further expand my knowledge and experiences in the field. I feel lucky to be a part of a dedicated group of people who are equally passionate about addressing some of the challenging public health issues affecting Tribal and urban communities in the Bemidji Area.

I enjoy cooking, spending time with loved ones, learning about new cultures whether through food or meeting new people, and traveling (when time allows).

Rebecca Cathey, MS – Evaluator

Hello, my name is Rebecca Cathey and I am the Epidemiology Evaluator at GLITEC located in the Lac du Flambeau office. I moved up to Minocqua, Wisconsin from a small town called Niceville, Florida in May of 2019.

I earned a Bachelor of Science in Biochemistry from the University of Florida. During my time at UF, I worked on coded insertions and deletions in the maize genome and a project on effects of white privilege on populations in the college environment. University of Florida provided me the opportunity to travel to Guatemala City, Guatemala for a medical trip. I was a member of the team that worked on testing water sample safety levels and provided local families with portable water filters. I received my Master of Science in Cardiovascular and Metabolic Diseases from the University of Central Florida in December 2018. While in graduate school, I spent my time researching obesity, diabetes, and metabolism under Dr. Shadab Siddiq, worked on youth autism programs with Dr. Jeanette Garcia, and continued undergraduate laboratory research with the maize genome. I was the graduate teaching assistant who instructed and managed the UCF Physiology laboratory.

I chose public health as my career field because of my personal interest in understanding how to decrease disease prevalence. Talking with patients and other researchers in the medical field, the continual topic of discussion was how to prevent disease and how to promote health. I intend to use those conversations as a driving force with my work at GLITEC.

During my down time, I enjoy going to the dog park with my German Shorthaired Pointer, Ryder, going on trail runs, reading a good book with a cup of hot tea, or relaxing and watching a movie. I am excited to be in an area where I get to do outdoor winter activities.
Pasangi Perera, MS – Epidemiologist

Hi, my name is Pasangi Perera and I am an Epidemiologist currently working at GLITEC in Lac du Flambeau, Wisconsin. Before moving to Minocqua, I was living in Chapel Hill, North Carolina where I was born and raised.

I graduated from Tulane University School of Public Health and Tropical Medicine in New Orleans, Louisiana in May 2018 with a Master of Science in Epidemiology where I focused primarily on cancer and molecular epidemiology. I also obtained a Bachelor of Science in Biology from Guilford College in Greensboro, NC in 2015. During the gap year I took between obtaining a bachelor’s degree and starting a masters, I worked in a breast cancer epidemiology lab at the University of North Carolina at Chapel Hill. Within this lab, I primarily analyzed molecular, social and environmental factors that affected multiple gene signatures for breast cancer through laboratory and epidemiological techniques. After graduating from Tulane, I worked in this same lab before joining GLITEC in January 2019.

My interest through public health stemmed from high school, through learning about the Dengue fever epidemic in Sri Lanka from my aunt’s own experience as a pediatrician treating various sick patients. As my passion for public health grew, I learned about numerous aspects of the public health realm, including the importance of health equity and social determinants in communities. Evaluating how this concept interweaves with a multitude of health outcomes, especially for Native communities is what brought me to this current position.

In my free time, I like to draw, run, hike, kayak, watch Netflix, eat various types of food, sleep in my hammock, and cuddle with dogs.

Chalyse Schellinger, Research Assistant

Hi my name is Chalyse “Chuck” Schellinger. I am honored and proud to be a Research Assistant with the Great Lakes Inter-Tribal Epidemiology Center. I started with the Epi Center over seven years ago as the Data Entry Technician, or as my co-workers like to refer to me, Data Diva. I spend most of my time working with the Kofax scanner. I set the scanner up to scan the surveys and then validate them when they are completed.

With my great eye for detail, the Epidemiologists have also given me the fun task of formatting documents for them. I am certified in Kofax Capture 10 and have taken multiple trainings related to public health, focusing on public health in Indian Country. I received Grants Management trainings through Management Concepts and multiple Technology of Participation Facilitation trainings. This summer, I attended Epidemiology classes remotely through the University of Michigan, Fundamentals of Biostatistics and Fundamentals of Epidemiology. I enjoy learning new things and teaching myself new computer programs. I have worked on numerous projects including Community Health Assessments and surveillance reports.

I was born & raised in Wisconsin and I’m an exercise freak and love the Packers, win or lose! I enjoy being outdoors & love the sunshine. I am also crazy about motorcycles and tattoos. I was able to fulfill a lifetime dream this summer with my husband by driving my motorcycle (Whiskey Jack) to the famous Sturgis rally in Sturgis, SD. I am blessed with two amazing Stepdaughters and our Black Lab – Gunner, or as we all like to refer to him as our Boob-A-Loo.
Marissa Hogan, MPH – Epidemiologist

Hey everyone! My name is Marissa Hogan and I joined the GLITEC team as an epidemiologist at the end of April. I am currently working for the Strategic Prevention Framework-Partnerships for Success (SPF-PFS) grant and the Tribal Epidemiology Center Public Health Infrastructure (TEC-PHI) grant.

I was born and raised right here in Wisconsin and I’m thankful to be back working in my home state! I earned my Bachelor of Arts in Spanish from the University of Wisconsin-La Crosse in 2016. I recently completed my Master of Public Health in Epidemiology degree in March 2019 from Oregon State University. While in grad school I was a research assistant for my university, in partnership with the Oregon Health Authority, where I helped collect data on foodborne illness and worked on conducting outbreak investigations. During this time, I also worked as a Medication Technician at an assisted living facility. I thoroughly enjoy working with elders and listening to all their stories and words of wisdom!

When I’m not at work I enjoy spending time with friends and family; especially my grandpa John. I love the great outdoors; especially hiking, camping, and fishing. My love for the outdoors is what originally motivated me to go all the way out to Oregon for grad school, because let me tell you, the state is BEAUTIFUL!

I am an avid Wisconsin sports fan and enjoy playing sports myself. Traveling is also a hobby of mine. I’d have to say my favorite place I’ve traveled to thus far is Iceland, and I’m eyeing up Ireland as my next travel destination. Other than that, my life mostly revolves around my sweet boys; AKA my dog (Helix) and my cat (Jack). I look forward to continuing to work for this great organization and to help GLITEC enhance the quality of life for all Native people!

Jordyn Fink, BS – Administrative Assistant

Hi everyone, my name is Jordyn Fink! I am a true “Wisconsinite”; born and raised in Northern Wisconsin. I joined Great Lakes Inter-Tribal Council Epidemiology Center (GLITEC) department in August 2019 as their Administrative Assistant.

I obtained my Bachelor of Science in Community Health Education from the University of Wisconsin- La Crosse. While in college, I had the privilege of doing my internship with Gundersen Health System within the Endocrinology Department. My first job after college was a Research Coordinator Associate with Marshfield Clinic. I worked on four different research studies during my time there. I then worked as a Health Educator/Co-Accreditation Coordinator for a community health department.

My interest for public health was spiked by the vast variety of health topics and health concerns that are constantly evolving. Public health inspires the health of people and the communities where we live, learn, work and play. I hope to serve Tribal communities by “working to enhance the quality of life for all Native people” in the Bemidji Area.

Outside of work, I love to watch the Food Network cooking channel and try new recipes, go on Harley adventures with my husband, attend country music concerts, chill at the lake during the summer months, and cheer on the Wisconsin Badgers & Packers! GO PACK GO! Also, I love to travel and to check out new places; I am always open to new suggestions for my next travel adventure!
Healthy Habits to Help Prevent the Cold/flu

1. **Get vaccinated each year.** It is not too late to get the flu shot! Everyone 6 months of age and older should get a flu vaccine every season with rare exception.

2. **Avoid close contact.**
   Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

3. **Stay home when you are sick.**
   If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

4. **Cover your mouth and nose.**
   Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing, or unclean hands.

5. **Clean your hands.**
   Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

6. **Avoid touching your eyes, nose or mouth.**
   Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

7. **Practice other good healthy habits.**
   Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active daily, manage your stress, drink plenty of fluids, and eat a variety of nutritious foods.

Information from: *Centers for Disease Control and Prevention, National Center for Immunization and Respiratory Diseases (NCIRD), 2018*

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**Funding Opportunities:**
This is **NOT** a Goodbye, but a See You Later!

I want to start off by saying thank you to everyone that took the time to work and get to know me over the last two years. When I first started the Public Health Associate Program, I had no idea what to expect. I was not prepared for the brutally cold winters in Minnesota and I had never worked with Tribal or Urban Indian communities before. I am very happy that I took the position because this was by far was one of the best decisions I have made. I am forever grateful that I was able to learn from 38 communities across Michigan, Minnesota, Wisconsin, and Chicago and I will take the lessons I learned at GLITEC throughout the rest of my life. I now understand how important it is to make sure that every voice is at the table. There are a lot of challenges with the systems we are forced to operate in, but the American Indian communities in the Bemidji Area have resilience that stand the test of time. I wish I had better words to explain the gratitude that I have but for now the only word that comes to mind is thank you.

While a Public Health Associate, I was able to work on a teen pregnancy prevention project, the Bemidji Area Childhood Immunization Project (BACIP), Elder Health Report, Native Health in the Bemidji Area fact sheet series, community specific data requests, and many other projects. I was able to learn and witness culture as a protective factor and overall working with community has helped me to understand the world from a more holistic perspective. I hope that the work I did will outlive my service term. I hope that the data that was collected will help the Tribal and Urban Indian communities in the Bemidji Area advocate for policy change, acquire funding, and continue to enhance the quality of life for all Native people.

I am excited to announce that I have started the Master of Public Health program at the University of Minnesota in Maternal and Child Health and have accepted a part time position at the Minnesota Department of Health in their Center for Health Equity. I am sure that our paths will cross again, and I am looking forward to working with all of you in the future.

*Best Wishes, Genelle Monger*

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After 7 years, it is with great sadness that I let you all know that I am leaving GLITEC. I was a Research Associate within this department. With a new little addition to my family, time has become even more precious. I started at GLITEC as an intern while I was still a student at the University of Michigan, and while for almost all my time I've worked remotely and part-time, I have greatly valued the work.

Though I wasn't in the community and interacting directly with Tribal members, I got to know communities through the data I analyzed and the reports I helped write, and it has been an honor to serve our Tribal communities in Michigan, Minnesota, and Wisconsin over these years. It is so hard to leave now with all of the excitement and energy of new staff and grants. I am excited for GLITEC's future though it is bittersweet knowing that I won't be a part of it. I wish GLITEC and all the Tribal communities we serve all the best.

*Miigwech! Alex Cirillo-Lilli*
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.

Elderberry Crumble Muffins

Ingredients:
Crumble Topping
- ¼ cup butter, softened
- ¼ cup all-purpose flour
- ½ cup chopped nuts
- ½ cup brown sugar

Muffins
- 2 cups all-purpose flour or 1 ½ cups whole wheat flour
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ cup applesauce (unsweetened)
- 8 tablespoons butter, melted
- 1 cup soy or almond milk
- 1 tablespoon apple cider vinegar
- ⅛ cup sugar
- 1 teaspoon vanilla
- 2 cups of fresh elderberries (rinsed and drained)

Instructions:
1. Preheat oven to 375 degrees F
3. Mix dry ingredients (flour, baking powder, baking soda and salt) in a large bowl.
4. In a separate bowl, mix applesauce, almond/soymilk, vinegar, sugar, melted butter and vanilla.
5. Place elderberries in a small bowl and add 1 – 2 tablespoons of the flour mixture. Gently stir the elderberries to coat them with the flour mixture.
6. Add the wet mixture to the dry mixture and stir until the dry ingredients are just moistened. Add the berries. It’s ok for the batter to be lumpy because you don’t want to over mix so the muffins will be fluffy.
7. Pour the batter into muffin cups, sprinkle with the crumble topping (optional, but highly recommended) and bake for about 17-20 minutes.
8. Let cool for several minutes before serving. Store in an airtight container in the refrigerator for up to 5 days. Enjoy!