

GLITEC GAZETTE

News from the Great Lakes Inter-Tribal Epidemiology Center Winter 2022

Boozhoo! Happy New Year from the Epidemiology Center! We wish you a fresh start with renewed energy and confidence throughout the new year, and we look forward to working with each of you in 2022 and beyond.

Each of our quarterly newsletters will be posted on the [GLITC](#) website and the [Bemidji Area Emergency Response \(BAER\)](#) website website. [Sign up](#) to join this email list and stay up to date with what is happening at the Great Lakes Inter-Tribal Epidemiology Center (GLITEC).



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In this Issue

Message from GLITEC	1
GLITEC Director	2
BAER Website	2
BACIP	3
Lead Testing	4
Zero Suicide Event	5
GHWIC Fitness Program	6
Opioid Conference	7
Opioid Prevention	7
Healthy Recipe	8

The Great Lakes Inter-Tribal Epidemiology Center (GLITEC) has the great privilege of serving the 34 federally recognized Tribes, four urban Indian areas, and three Indian Health Service Units (I/T/U) in Michigan, Minnesota, Wisconsin, and Chicago. GLITEC received a record number of requests for technical assistance, for two years in a row related to COVID-19 and our other programs. As we remain in these uncertain times, GLITEC continues to support Tribes and urban Indian communities in their health-related efforts, as we hope for a brighter, healthier future. Indeed 2021 was another year with great challenges for humanity and incredible sadness brought by the passing of friends and family members; however, we are hopeful for the new opportunities that 2022 will bring. The GLITEC team is always available to assist communities during 2022 and beyond; we would like to hear from you as your needs will guide our efforts. Please contact German Gonzalez, MD, MPH, FACE, Epidemiology Center Director, at 715-588-1093 or ggonzalez@glitc.org with your comments, suggestions, or requests for assistance. We remain committed to continue working to enhance the quality of life for all Native people.

GLITEC Director Recognized on List of Wisconsin's Most Influential Latino Leaders



Dr. German Gonzalez, GLITEC director, was recognized by Madison365 (a nonprofit online magazine) on its annual [Sí Se Puede 2021](#) list. This 2021 list recognizes 36 of the most influential Latino leaders in Wisconsin. Sí Se Puede, which means "Yes We Can," is intended to highlight the beauty of the diversity in Wisconsin. Learn more about Dr. Gonzalez in the write-up below, or view [Sí Se Puede 2021](#) to learn more about all 36 individuals who were recognized.

German Gonzalez, M.D., MPH, FACE, is director of the Great Lakes Inter-Tribal Epidemiology Center (GLITEC) in Lac du Flambeau, Wisconsin, and is a Public Member of the Wisconsin State Laboratory of Hygiene (WSLH) Board. Dr. Gonzalez has been actively involved in the infection control field; he worked with the Georgia Infection Prevention Network as Public Health Liaison for the board of directors and served as consultant for infection control professionals (ICPs) across Georgia. In addition, Dr. Gonzalez has promoted the advance of public health informatics at different levels, as public health practitioner and doctoral-level professor of health and public health informatics at Walden University and through his participation in several different groups and workgroups at the national level. In 2015, Dr. Gonzalez was advanced to the rank of Fellow at the American College of Epidemiology. Dr. Gonzalez has served as Official member of the Public Health Information Network (PHIN) – InfoLinks CoP, official CoP Council (CoPC) member. Dr. Gonzalez served at the National Association of County and City Health Officials (NACCHO) as a member of the ePublic Health Informatics Workgroup (as subject matter expert), the Public Health Informatics and Biosurveillance workgroups, and the BioSense Governance Group.

New Website Shares Emergency-Related Information

Written by: Julie Nystrom, BS

View emergency-related publications and resources on the new [Bemidji Area Emergency Response](#) website. The Great Lakes Inter-Tribal Epidemiology Center (GLITEC) launched the site on Dec. 9. This website is designed to function as a single, centralized location where Native community members, Tribal leaders, and health professionals can find information related to COVID-19 and other emergencies in the Bemidji Area (Michigan, Minnesota, Wisconsin, and Chicago). The website contains a variety of content that reflects Indigenous culture.



Visit [Bemidji Area Emergency Response](#) for:

- information about COVID-19, flu, the opioid epidemic, and other emergency topics
- factsheets, reports, and other publications for professionals and community members
- past event recordings and upcoming events and trainings
- GLITEC news and announcements
- resources and more!

To stay connected with the latest from GLITEC, [sign up](#) for emails on topics you care about, such as events and news alerts.

BACIP Quarterly Calls Have Concluded After Three Years

Written by: Julie Nystrom, BS

The Bemidji Area Childhood Immunization Project (BACIP) Quarterly Calls series is transitioning from regularly scheduled calls to as-needed events.

GLITEC began hosting this series three years ago to foster open communication and build connections between Immunization Coordinators in the Bemidji Area (Michigan, Minnesota, Wisconsin, and Chicago).

The quarterly calls also facilitated professional development by featuring guest speakers who presented on immunization-related topics. Recent topics have included flu and COVID-19 vaccine recommendations; contraindications and precautions; creating a culture of immunization within clinics; and vaccine catch-up. GLITEC extends our gratitude to all our past contributors and attendees.

View Past Recordings

Please visit the [GLITEC YouTube](#) page to watch recordings of some previous BACIP calls:

Topic: [What's New With Flu and COVID-19 Vaccination? Making Sense of the Latest Recommendations.](#) [29:33 minutes]

Date: November 2, 2021

Presenter: Robert M. Jacobson, MD, Medical Director, Primary Care Immunization Program, Primary Care in Southeast Minnesota, Mayo Clinic

Topic: [Contraindications and Precautions](#) [26:35 minutes]

Date: August 3, 2021

Presenter: Robert M. Jacobson, MD, Medical Director, Primary Care Immunization Program, Primary Care in Southeast Minnesota, Mayo Clinic

Topic: [Creating a Culture of Immunization Within Your Clinic](#) [25:13 minutes]

Date: May 4, 2021

Presenter: Robert M. Jacobson, MD, Medical Director, Primary Care Immunization Program, Primary Care in Southeast Minnesota, Mayo Clinic

Topic: [Vaccine Catch-Up](#) [14:07 minutes]

Date: February 2, 2021

Presenter: Robert M. Jacobson, MD, Medical Director, Primary Care Immunization Program, Primary Care in Southeast Minnesota, Mayo Clinic

GLITEC has also produced a variety of materials related to flu and immunization that can be viewed on the [Bemidji Area Emergency Response](#) website. These materials include videos, posters, flyers, factsheets, reminder-recall postcards, and reports. Bemidji Area IHS, Tribal, and urban Indian clinics can order select materials at no cost. Click here for [Immunization Materials Order Form](#).

Free Lead Testing in Drinking Water at Tribal Education Agencies

Written by: Jordyn Fink, BS

Lead exposure continues to be a significant public health concern in the United States. "Exposure" to lead in drinking water means that children or staff consume water that contains lead through drinking, cooking, or food preparation.¹ While primary prevention is the optimal approach to addressing this important health issue, identifying lead-exposed children occurs through increased knowledge and water testing. The harmful effects of lead exposure can be prevented in children.



The Great Lakes Inter-Tribal Epidemiology Center (GLITEC) has a new program for spring 2022. GLITEC will be partnering with the Bemidji Area Indian Health Service (IHS) office for water sample collections at Tribal Education Agencies (TEAs) to offer free lead testing in drinking water. This voluntary program aims to reduce childhood lead exposure in Tribal schools and childcare centers in the Bemidji Area. GLITEC will be serving the Tribal schools and childcare centers in Minnesota and Wisconsin. The Tribal schools and childcare centers in Michigan will need to contact the Inter-Tribal Council of Michigan, Inc. to learn more about their program requirements. Stay tuned for more information on how to sign up for this program – coming soon in spring 2022.

This program is funded by the United States Environmental Protection Agency (EPA). For more information or to learn more about lead in drinking water, please visit GLITEC's FAQ page at [Environmental Protection Agency \(EPA\) Lead Testing in Drinking Water](#).



LEAD TESTING

In Tribal Schools & Childcare Centers

¹ "Prevent Children's Exposure to Lead." *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 27 Oct. 2021, <https://www.cdc.gov/nceh/features/leadpoisoning/index.html>.

Making Suicide a Never-Event in Indian Country: Understanding the Zero Suicide Framework

Everyone can work together to keep Native people safe and well. GLITEC is hosting two virtual Zero Suicide events to further knowledge and resources on:

- the goals of the Zero Suicide framework and what they mean to the health and wellness of Native people
- how to identify your roles in supporting Native people who may be at risk for self-harm
- the importance of attention to the language and taboos around talking about the loss to suicide for some Tribes
- how to develop memorandums of understanding (MOUs) with other community providers to create seamless safety nets for those at risk of suicide
- how Zero Suicide is culturally responsive to Indian Country
- how to choose tools that will help you identify risk for clinical and nonclinical care providers and professionals.

When and Where?

- April 7, 2022, and May 20, 2022
- Time: TBD
- Virtual (on Zoom)

Who Should Attend?

The workshop is designed for a wide variety of participants, including:

- IHS, Tribal, and urban Indian clinic staff
- Tribal public health
- Tribal schools and college staff and systems
- Tribal and urban Indigenous health and behavioral health center staff
- Crisis services, first responders, and Tribal police systems
- Youth and adult community centers
- Tribal governments/Tribal councils
- Traditional healers.



Please pre-register
[HERE](#)

GHWIC Program Finds Ways to Stay Connected to Communities and Produce Innovative Fitness Program Amidst COVID-19

Written by: Jake Riemer, Public Health Specialist



Good Health and Wellness in Indian Country - GLITC

Nonprofit organization

Good Health and Wellness in Indian Country's (GHWIC) mission is to enhance healthy living and reduce risk factors for chronic conditions such as diabetes, hypertension, and high cholesterol in Native communities. GHWIC's focus on these conditions during the pandemic is critical as they are associated with increased risk for COVID-19 complications. A healthy lifestyle can help prevent these diseases from occurring and strengthen immune systems, which is relevant as COVID-19 cases continue to increase.

GHWIC is in year three of a five-year program administered by the Great Lakes Inter-Tribal Epidemiology Center (GLITEC). The GHWIC program has seven sub-awardee communities actively working on projects to enhance healthy lifestyles within their Tribes via policy, system, and environmental (PSE) changes. GLITEC seeks to foster partnership and collaboration between and within the Tribes through monthly calls and activities that strengthen community-clinical linkages (CCLs). GLITEC created a private GHWIC Facebook page for all sub-awardees and partners to share resources, updates, and ideas to develop and diversify communication methods. Also, GLITEC has visited the GHWIC communities to review progress in their workplans and approve next year's budgets and strategies. COVID-19 permitting, GLITEC will continue this in-person collaboration with an all in-person meeting this spring. The meeting will consist of trainings, discussions around an initial Diabetes Prevention Program, and building community amongst the sub-awardees.

Additionally, a GHWIC-funded Powwow fitness exercise program video is in its final stages of production and delivery. This video is a cooperative product of three-time hoop dance champion Dallas Arcand, CMA Entertainment, Red Roots Production, and GLITEC. Dallas takes a holistic approach to health with an emphasis on body, mind, and spirit. The video will be free and available for viewing on several different platforms in the upcoming weeks.



GHWIC is also happy to welcome new team members: Epidemiologist Jeannie Le, Public Health Specialist Jacob Riemer, and Population Health Service Fellow Erik Ohlrogge. If there are any questions about how to access the Powwow Fitness Video or other questions about GHWIC, please reach out to Will Funmaker (Program Director) at wfunmaker@glitc.org.



Great Lakes Area Opioid Conference: Journeying Toward Wellness

Written by: Christina Denslinger, PhD

The Great Lakes Inter-Tribal Epidemiology Center (GLITEC) is excited to host the Great Lakes Area Opioid Conference: Journeying Toward Wellness, April 28-29, in Bloomington, MN. This conference is geared toward Tribal public health professionals, prevention professionals, social workers, community health workers, and others working within Indian Country to support health and wellness. The conference's goal is to increase knowledge of opioid and other substance use and support collaborative response efforts promoting regional health and wellness. We will be hosting excellent speakers from across Indian Country with diverse knowledge and experiences. Additionally, we are offering pre-conference trainings on April 26-27 to support the amazing work occurring across our region. We hope to see you there!

For more information, please visit our [conference website](#).

If you have any questions, please contact Dr. Christina Denslinger at cdenslinger@glitc.org, Mandy Christensen at achristensen@glitc.org, or Traci Buechner at tbuechner@glitc.org.



Opioid Recovery and Prevention Resources

Written by: Jake Riemer, Public Health Specialist

The Saving Lives Project aims to reduce and prevent chronic substance use, particularly surrounding opioids in the Great Lakes Area. We are available to assist you and your community with any opioid prevention-related needs. We have compiled a few resources around opioid recovery and prevention in Tribal communities, including strategic planning frameworks, current programs, models, resource centers, recovery coach training, and more. If you have any questions or are interested in resources around opioid overdose prevention, please do not hesitate to reach out to Jacob Riemer (Public Health Specialist) at jriemer@glitc.org.

- Tribal Opioid Response Resource Toolkit: [National Indian Health Board | Tribal Opioid Response Resource Toolkit](#)
- Tribal Opioid Use Disorders Prevention Resources: [Opioid Use Disorder Prevention Resources](#):
- National American Indian and Alaska Native ATTC: [National American Indian and Alaska Native ATTC | Addiction Technology Transfer Center \(ATTC\) Network](#)
- National American Indian and Alaska Native PTTC: [National American Indian & Alaska Native PTTC | Prevention Technology Transfer Center \(PTTC\)](#)
- [White Bison Wellbriety](#) and [Warrior Down/Recovery Coaches](#)
- Project Venture: [Indigenous Youth Prevention Program](#)

Great Lakes Inter-Tribal Epidemiology Center



Great Lakes Inter-Tribal Council, Inc.
PO Box 9
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<https://www.glitc.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.

Cornish Hens with Wild Rice and Celery

Ingredients:

- 2 tablespoons butter
- 1/2 cup chopped celery
- 1/4 cup sliced fresh mushrooms
- 2 packages (6.2 ounces each) fast-cooking long grain and wild rice mix
- 2 cans (14-1/2 ounces each) reduced-sodium chicken broth
- 1/2 cup water
- 2/3 cup sliced water chestnuts, drained, and chopped
- 1/2 cup dried cranberries
- 1/2 cup chopped green onions
- 2 tablespoons reduced-sodium soy sauce
- 5 Cornish game hens (20 to 24 ounces each)



Cooking Instructions:

1. Preheat oven to 375°. In a large saucepan coated with cooking spray, heat butter over medium heat. Add celery and mushrooms; cook until tender. Stir in rice; cook 1 minute longer. Stir in contents of rice seasoning packets, broth, and water. Bring to a boil. Reduce heat; simmer, covered, until rice is tender, 5-6 minutes. Stir in water chestnuts, cranberries, onions, and soy sauce. Stuff hens with rice mixture or refrigerate and reheat it to serve with roasted hens.
2. Place hens on a rack in a shallow roasting pan. Bake until juices run clear, and a thermometer reads 170°, 50-60 minutes. Cut each hen in half lengthwise to serve.
3. Enjoy!

Nutrition Facts: 1 each: 257 calories, 7g fat (3g saturated fat), 123mg cholesterol, 564mg sodium, 20g carbohydrate (5g sugars, 1g fiber), 29g protein. **Diabetic Exchanges:** 4 lean meat, 1-1/2 starch, 1/2 fat.