

ELDER NEWSLETTER

LOWER SIOUX INDIAN COMMUNITY

MARCH / APRIL 2021 EDITION

Cansayapi

Lower Sioux
Community Health
Misses You!



***We distance now
so when we gather again,
no one is missing.***

WHAT'S INSIDE

March & April Health Observances

January & February
Events Updates

Community Health Programming
& March/April Events Calendar

BIRTHDAYS!

Glen Leith March 4!
Dorothy Whipple March 5!
Patti Schoen March 9!
Dennis Gregg March 12!
Kelly Desjarlais March 16!
Laura Wabasha March 17!
Monica Blue March 22!
Bob Larsen March 27!

Margaret Blue April 3!
Constance Pendleton April 7!
Roger Berry April 9!
Jennifer Dow April 11!
Dan Grey Eagle April 18!
Jacalyn Kokesch April 19!
Alicia Christenson April 20!
Ellen Scott April 21!
Christopher Columbus April 21!
Hope Two Hearts April 24!



MARCH & APRIL HEALTH OBSERVANCES



Colorectal Cancer: 2nd Leading Cancer Deaths for American Indians

- Colon Cancer screening for American Indian recommended for **ages 45-75 years old**
- **Stool-Based Test:** Blood in stool; take home test every 1-3 years; mail or return to clinic; if positive, must have a colonoscopy
- **Visual Test:** looks directly at colon; performed at medical center; colonoscopy can prevent cancer

Talk to your health care provider today about what screening is best for you!



**March 24: Wear BLUE for
Colon Cancer awareness
& send us your pictures!**

**Text (507) 430-5668 or email
kortni.bidinger@lowsersioux.com**



**Are you living with
Diabetes?
Call Lyz to receive a
Diabetes Friendly
cookbook & grocery
incentive!
(507) 430-5746**

March is National Kidney Month and Nutrition Month!

**American Indians with diabetes are at higher risk
of developing kidney disease.**

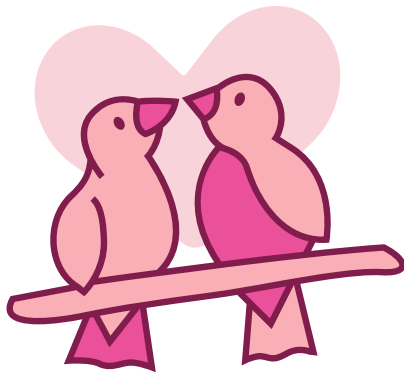
Educate yourself on diabetes, kidney disease, and nutrition in order to take care of your health! If your primary care provider has referred you to a Registered Dietitian, contact LSHCC (507) 697-8600 to set up an appointment with Stacy Hammer, RDN, LD for medical nutrition therapy/counseling for Diabetes, heart & kidney health, hypertension, and more. Contact Stacy directly @ (507) 697-8945

April: National Foot Health

Your feet keep you active and moving! Keeping your feet healthy is important! Lower Sioux Health Care RN were in the process of foot care certification when COVID-19 postponed travel and trainings. Stay posted for more details soon. If you have any immediate questions, talk to your healthcare provider.



**Are you living with
Diabetes?**
**Call Lyz to receive an at
home foot care kit!**
(507) 430-5746



April is Sexually Transmitted Infections Awareness Month: STI awareness is prevalent for not only youth, but seniors too!

Educate yourself on safe sex practices, for all ages. Sex doesn't have to stop at a certain age. Free condoms and resources are available at the Lower Sioux Clinic Pharmacy, Cansayapi Food Pantry, and more LSIC buildings. Have more questions? Start by being open with your partner and calling your healthcare provider.



April: Alcohol Awareness Month

It is important for people of all ages to educate themselves about safe alcohol consumption and the dangers and warning signs of potential alcohol abuse. For more local information, contact Woniya Kini (507) 697-8675

INTERGENERATIONAL ICE FISHING TRIP PICTURES



We are looking for **traditional herbalists/plant specialists** in our community to help us with programming.

If you have any knowledge or skills to share,
please call Kortni @ (507) 697-8946



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Do you love **cooking** and want to share a family recipe? We are looking for individuals willing to participate in virtual cooking videos (you may be on camera or just film the cooking parts) featuring healthy and/or indigenous foods and recipes.

A stipend will be provided to you for your time and knowledge sharing.
Call Sara @ (507) 430-5668



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**ARE YOU A WACIPI DANCER?
WANT TO HELP US PRODUCE
"HOW TO DANCE"
ANY STYLE
VIDEOS FOR LSIC YOUTH?**

We miss seeing everyone gather and dance at the LSIC Wacipi!
Let's help our youth prepare for an awesome 2021 summer!



Call Kortni @ (507) 697-8946 or email
kortni.bidinger@lowersioux.com

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Do you want to help host an elder sports game ? Ideas include Pickle Ball, Lacrosse, Chair Volleyball, and more! Call Josh (507) 430-9189

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 March	2	3	4	5	6
7	8 Adult/Elder Chair Bingo Rec 2pm	9 Hike & Harvest Rec 2pm	10 Cansayapi Food Pantry 9-6pm	11	12 All LSIC buildings closed	13
14	15 Adult/Elder Chair Bingo Rec 2pm	16 Hike & Harvest Rec 2pm	17 Cansayapi Food Pantry 9-6pm	18	19	20
21	22 Adult/Elder Chair Bingo Rec 2pm	23	24 Cansayapi Food Pantry 9-6pm	25	26	27 Hike & Harvest Workshop All Ages Rec 10am-12pm
28	29 Adult/Elder Chair Bingo Rec 2pm	30 Hike & Harvest Rec 2pm	31 Cansayapi Food Pantry 9-6pm			

**If you are experiencing a food emergency,
call Lyz during business hours (507) 430-5746
Questions about Calendar events?
Call Sara (507) 430-5668 or Josh (507) 430-9189**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April						
4	5 Adult/Elder Chair Bingo Rec 2pm	6	7 Cansayapi Food Pantry 9-6pm	8 Walk the Rez Meet at Clinic *weather permitting 1pm	9 Adult/Elder Pickle Ball Game 1pm Rec	10
11	12 Adult/Elder Chair Bingo Rec 2pm	13	14 Cansayapi Food Pantry 9-6pm	15 Walk the Rez Meet at Clinic *weather permitting 1pm	16	17
18	19 Adult/Elder Chair Bingo Rec 2pm	20	21 Cansayapi Food Pantry 9-6pm	22 Walk the Rez Meet at Clinic *weather permitting 1pm	23 Adult/Elder Chair Volleyball 1pm Rec	24
25	26 Adult/Elder Chair Bingo Rec 2pm	27	28 Cansayapi Food Pantry 9-6pm	29 Walk the Rez Meet at Clinic *weather permitting 1pm	30	

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