



Menominee Family Services  
N2150 White Cedar Rd  
PO Box 520,  
Keshena, WI. 54135

# ENEQ 'MAWACESENEYAH S'WA-MAEHNOWESEKIYAH (We Keep it Going)

July 2024-Vol

## July is National Minority Mental Health Awareness Month

July is National Minority Mental Health Awareness Month all across the United States. Many people from racial and ethnic minority groups have difficulty getting mental health care. This can be due to many different reasons, such as cost or not having adequate health insurance coverage. It may also be challenging to find providers from one's racial or ethnic group. Stigma or negative ideas about mental health care may also prevent people from seeking services.

Other things in our environment can impact mental health and emotional well-being. For example, experiencing or witnessing racial discrimination or racial violence<sup>9</sup> can cause stress and **racial trauma**. Poverty (or having low income) may limit access to mental health care. Poverty can also cause stress and may lead to mental health issues.

### Ways to improve your Mental Health:

- Get Professional Help if you need it \* Stay Positive \* Get Enough Sleep
- Connect with others \* Get Physically Active \* Learn Coping Skills
- Help Others



**Did you know...** Whether large or small, any activity that helps you spend more time connecting with nature is beneficial. It can offer enjoyable alternatives to screen time, help increase your appreciation of the earth, and provide both physical and mental health benefits.

Plan some outdoor activities with your family: Camping at the lakes, ride in the woods for tree identification, get some spring water, or a picnic at a park.



### In this issue:

- 1—July is National Minority Mental Health Awareness Month
- 2—Coping with Disaster
- 2—Indigenous Games: Bear Walk/Race
- 3—Cooking Corner—Venison Stew
- 3—DIY—Basic Disaster Kit



**"Never be bullied into silence.  
Never allow yourself to be made a victim.  
Accept no one's definition of your life;  
define yourself." —Harvey Fierstein**

## Fourth of July

Thursday July 4, 2024



July 4, also known as Independence Day, marks the anniversary of the Second Continental Congress adopting the Declaration of Independence on July 4, 1776.

The Congress, made up of delegates from the United States' original 13 colonies, unanimously approved the document that declared independence from Great Britain.

### Hotline Numbers:

SAMHSA's National Helpline is a confidential, free, 24-hour-a-day, 365-day-a-year, information service for individuals and family members facing mental and/or substance use disorders. **1-800-662-4357**

National Suicide Prevention Hotline: Call: **988**

Substance Abuse & Mental Health Services: **800-442-4673**

Lifeline for Vets: **888-777-4443**

Veterans' Crisis Line: **800-273-8255**

# Coping With Disaster



If your community has been hit by a disaster or violent event, you're probably trying to make sense of what happened and deal with the stress of the situation. These events create a tremendous amount of stress and anxiety for those directly and indirectly affected. In the days and weeks following the disaster, you may begin to have some of these common reactions:

## COMMON REACTIONS

- Disbelief and shock
- Fear and anxiety about the future
- Disorientation; difficulty making decisions or concentrating
- Apathy and emotional numbing
- Nightmares and reoccurring thoughts about the event
- Irritability and anger
- Sadness and depression
- Feeling powerless
- Changes in eating patterns; loss of appetite or overeating
- Crying for "no apparent reason"
- Headaches, back pains and stomach problems
- Difficulty sleeping or falling asleep increased use of alcohol and drugs

## TIPS FOR COPING

It is 'normal' to have difficulty managing your feelings after major traumatic events. However, if you don't deal with the stress, it can be harmful to your mental and physical health. Here are some tips for coping in these difficult times:

- **Talk about it.** By talking with others about the event, you can relieve stress and realize that others share your feelings.
- **Spend time with friends and family.** They can help you through this tough time. If your family lives outside the area, stay in touch by phone. If you have any children, encourage them to share their concerns and feelings about the disaster with you.
- **Take care of yourself.** Get plenty of rest and exercise, and eat properly. If you smoke or drink coffee, try to limit your intake, since nicotine and caffeine can also add to your stress.

## • Limit exposure to images of the disaster

Watching or reading news about the event over and over again will only increase your stress.

• **Find time for activities you enjoy.** Read a book, go for a walk, catch a movie or do something else you find enjoyable. These healthy activities can help you get your mind off the disaster and keep the stress in check.

• **Take one thing at a time.** For people under stress, an ordinary workload can sometimes seem unbearable. Pick one urgent task and work on it. Once you accomplish that task, choose the next one. "Checking off" tasks will give you a sense of accomplishment and make things feel less overwhelming.

• **Do something positive.** Give blood, prepare "care packages" for people who have lost relatives or their homes or jobs, or volunteer in a rebuilding effort. Helping other people can give you a sense of purpose in a situation that feels 'out of your control.'

• **Avoid drugs and excessive drinking.** Drugs and alcohol may temporarily seem to remove stress, but in the long run they generally create additional problems that compound the stress you were already feeling.

**Ask for help when you need it.** If you have strong feelings that won't go away or if you are troubled for longer than four to six weeks, you may want to seek professional help. People who have existing mental health problems and those who have survived past trauma may also want to check in with a mental health care professional. Being unable to manage your responses to the disaster and resume your regular activities may be symptoms of post-traumatic stress disorder (PTSD), a real and treatable illness. Help is available. Make an appointment with a mental health professional to discuss how well you are coping with the recent events. You could also join a support group. Don't try to cope alone. Asking for help is not a sign of weakness.

## ADDITIONAL RESOURCES

The national **Disaster Distress Helpline** (call or text 1-800-985-5990; for Spanish, press "2") is dedicated to providing crisis counseling and support 24/7/365 for anyone in the U.S./territories experiencing emotional distress or other mental health concerns related to any natural or human-caused disaster. Callers can connect with DDH hotline counselors in 100+ additional languages via third-party interpretation services. People who are Deaf or hard of hearing can use the text option, or for TTY, use their preferred Relay service or dial 7-1-1 and then 1-800-985-5990.

## Bear Race (Northwest Coast )

**Play:** Players line up behind starting line. At signal they begin to run imitating a bear's shuffling gait – place left hand and right foot forward at the same time, then right hand and left foot forward. The first over the finish line wins; or the one with the best imitation of a bear may win. Older Children can return to the starting line to make the race longer and more challenging.

**Lesson:** Observe ways of nature around you (in this case, the bear's movements). It also teaches that speed is not always as important as correct play.



Games  
to Try





## Cooking Corner



Venison (deer) has been a staple for indigenous people for thousands of years. Long before the arrival of chicken, beef, pork, or even lamb, to North America wild game like venison, rabbit, moose, elk, etc was hunted. Venison was also present in European culture as well as reindeer. I love cooking with wild game such as venison because it is generally more lean, and has a higher protein content due to the fact that it is

raised in the wild and not in confinement. Venison is higher in moisture, lower in calories cholesterol and fat than grain-fed beef, pork, or lamb.

Venison is a very healthy lean meat and an excellent source of protein due to its protein-to-fat ratio. A three ounce serving of roasted venison has 26 grams of protein, 3 grams fat, and 135 calories.

### Venison Stew in a Slow Cooker Recipe

2 lb. venison bone-in steak  
 1/4 cup all-purpose flour  
 1 1/4 teaspoon salt divided  
 1/2 teaspoon cracked black pepper  
 4 Tablespoons butter divided  
 1 cup mushrooms chopped  
 1 cup white and green onion chopped  
 4 garlic cloves minced  
 1 cup dry red wine  
 2 cups golden potatoes chopped  
 1 cup carrot chopped  
 1 cup celery chopped  
 6 oz. tomato paste  
 2 cups beef stock  
 1 cup water  
 1 sprig fresh rosemary  
 1/4 cup fresh parsley chopped



### Instructions:

Chop the venison into 1-inch chunks and stir them into a bowl with the flour, 1 tsp. of salt, and cracked black pepper.

In a stockpot or cast-iron pan, melt 3 Tablespoons of butter using medium-high heat and brown the cuts of steak on both sides until they are seared, and you have bits of browned meat on the bottom of the pan (2 minutes on each side).

Place the browned meat into your slow cooker and melt the remaining 1 Tablespoon of butter into the stockpot. Sauté the onions, mushrooms, and garlic for a few minutes while stirring occasionally. Then add them to your slow cooker as well.

With the heat still on, pour one cup of dry red wine into the stockpot and whisk quickly to gather up any browned bits. Allow the wine to reduce for a few minutes on medium heat.

Add the carrots, potatoes and celery to the slow cooker along with the herbs, tomato paste, stock, water, remaining 1/4 tsp. salt, and reduced red wine.

Give it all a stir and set the slow cooker for 8 hours on LOW heat. Serve hot. Top with additional parsley if wanted.



## DIY— Basic Disaster Supplies Kit

To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supplies kit could include the following recommended items:

**Water** (one gallon per person per day for at least three days, for drinking and sanitation)

**Food** (at least a three-day supply of non-perishable food)

- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)

Plastic sheeting and duct tape (to [shelter in place](#))

- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery



## Rainy Day Activities for Summer

**Build a fort.** Put pillows in the living room or cardboard boxes in the yard to create a hideaway of your child's dreams.

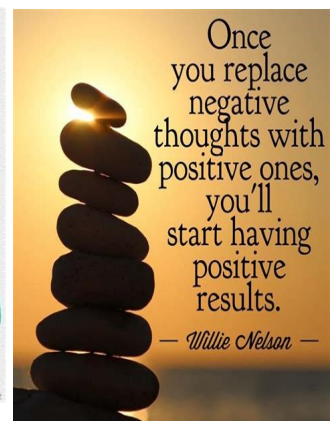
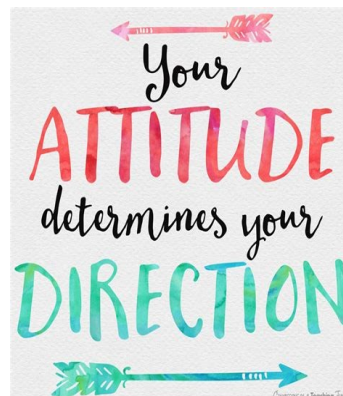
**Camp in.** Put the sleeping bags on the floor and have a family [slumber party](#).

**Experiment with new hair-dos.** Let the kids try out non-permanent colors, braids, or a spiked, gelled look.



**Set a goal and complete a home project.** Whether it is cleaning the garage, organizing the basement, or redecorating the spare bedroom, find ways to let the kids help.

**Play a card game.** Choose from crazy eights, spoons, go fish, or even poker—take your pick.





## Self Esteem Worksheet

People who love and care  
about me



I am happiest  
when.....

-----  
-----  
-----

-----  
-----  
-----

Things i am  
proud of



What to do  
when i am  
feeling low



-----  
-----  
-----

-----  
-----  
-----

I want to  
achieve



What makes  
me smile



-----  
-----  
-----

-----  
-----  
-----

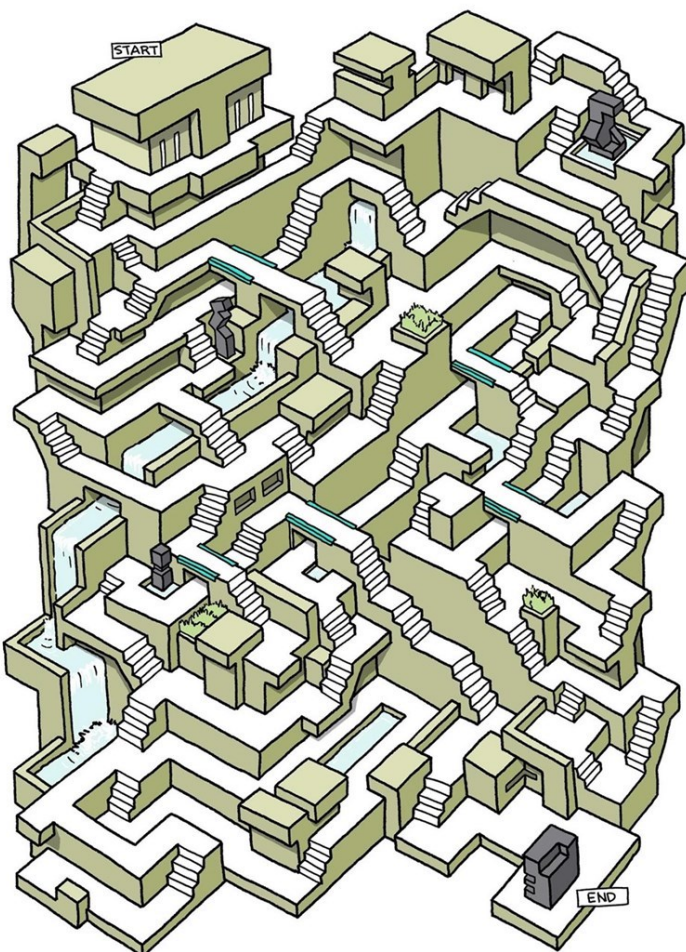
# Self-Care Activities

H O P B N F V C G U Z Z S D B S W W L H L M V L B  
P X K X F T Y K R L U T G K A B R G G J B V X N L  
H V E V I H F I A F T R P P L C V U H U L I V W J  
K E J M C I S U M Y A L P J U C O N K I V C U B J  
P A I B I X G Y O Y A A U A I T U J P E X Y C A S  
Z X A Q R H N U Y Y G N V J I C L K K E B O N H K  
P E I Q X O I Q W S A R F P C N S H P A I K Z D I  
J N O K U T H I R V G U E C T D T D C W Y J Z W K  
U M Y O Q M T S E B Q O R D N J R G U W Y O E F S  
Y C G S L H W U Y Z T J Q E E B E M R T Q C X V I  
P B P O P K E K M F Q D I L W M T K S N Q V A Y L  
I A R E K E N J L B S R J K O O C U A A X X G U P  
A M T U W U N A X I F D W W C A H B B B K P W I Z  
Y W I F V T R D R O W Z S P Q L G S O G E R Q H Q  
U F Y R Y C A R T N P K G O D Y G Y A P T J K V D  
A X V T P G E K R I U B Y S D C U P S U P S U L G  
F F N E O A L X E W M G X K B K M M J U M B B X  
D O N Y D A N C E A P E U O T M T D B U J W G L V  
C S Q W T P X G T R B K O D C V V N F V Z Z F U L  
R I G X G Z I V D D C A L U O D B Q S A Q M U G V  
P O W O D C W V M E D I T A T E T C O T B G H L L  
W G L D A O I G Q W J R S H W S Y R W K E Q G Z Q  
G U J R Q J U J Y N H C H E Y V I O A U N X W T F  
G V A D K X Q B R H B K H U X X Q D K H H D H X H  
C T P Y Y W L D R Z M H P M J J E H E T I I V C K

BAKE  
COOK  
DANCE  
DRAW  
EXERCISE  
JOURNAL  
LAUGH

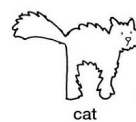
LEARN NEW THINGS  
MEDITATE  
NAP  
PAINT  
PLAY MUSIC  
PLAY WITH PET  
READ

SHOWER  
SPEND TIME OUTSIDE  
STRETCH  
TAKE A BATH  
TALK TO FRIENDS  
WALK  
YOGA



## Out in the fields

Can you find these things in the big picture?



cat



muffin



scoop



crescent moon



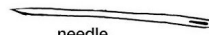
artist's brush



mushroom



banana



needle



button



toothbrush



glove



sunglasses



rabbit



sock



American football

