

Tribal observer

APRIL 1987

THE SAGINAW CHIPPEWA INDIAN TRIBE



NOTICE

RE: Enrollment as a member in the Saginaw Chippewa Indian Tribe of Michigan, under the Tribal Constitution of November 4, 1986.

You may qualify for membership under Article III of the amended Tribal Constitution of the Saginaw Chippewa Indian Tribe of Michigan, if:

1. Your name appears of the roll of:

- a. November 10, 1883;
- b. November 13, 1885;
- c. November 07, 1891; or
- d. December 10, 1982

2. You are at least one quarter degree Indian, born to a member of the Saginaw Chippewa Indian Tribe of Michigan.

3. You are a descendant of any individual whose name appears on the rolls set out above and are of at least one quarter degree Indian blood.

If you qualify for membership you may become a member by making an application with the Tribal Enrollment Officer, on or before May 4, 1988. In making an application, you should know:

1. That the membership criteria under Article III of the Constitution will be followed precisely as there can be no exceptions to the law, and every legal requirement must be met.

2. The burden of proof for enrollment is on the person who applies for membership. Each individual applicant must submit persuasive evidence in order to be enrolled.

3. Each application must be accompanied by documentation that supports the statements made in the application.

If you feel that you may qualify as a member, you should request an application for enrollment from the Saginaw Chippewa Tribal Enrollment Office. The office is located at the Tribal Center in Mt. Pleasant, Michigan. You may call or write to the:

Tribal Enrollment Clerk
Saginaw Chippewa Indian Tribe
of Michigan
7070 E. Broadway
Mt. Pleasant, MI 48858
1-800-225-8172

SPRING IS HERE!

SAGINAW CHIPPEWA NEW BUSINESS
Nottaway Office Products

I would like to take this opportunity to announce to the Indian Community that we are not just going into the Casino business, but have started an Office Products business. The Business is owned by the tribe, and is another way of training and employing the people here at the reservation.

We have a full line of merchandise in our warehouse which is ready for immediate delivery. An added feature we have included in our pricing structure is a 10% discount to all Indian Organizations, both reservation and urban.

We wish to invite everyone to contact us regarding their needs. It is our desire to supply the Indian Community with quality and service and if we can be of any help, please contact me at (517) 772-5700.

Megwetch, Bob Bucholtz, Manager



LITTLE ELK'S RETREAT

Once again we are taking donations for the Little Elk's Retreat Pow-Wow on August 8th and 9th. (Food or Money)

Here is the list of the items needed:

Salt	Olives
Pepper	Kool-Aid
Maccaroni	Napkins
Spaggetti	Tea
Paper Cups	Paper Plates
Plastic forks	Canned tomato sauce
Plastic spoons	Canned mushroom soup
Tomatoes	Cucumbers
Canned string beans	

All items must be turned in by July 24, at 5:00 p.m. Please bring the items to the Tribal Center and give them to Ken Siraque.

Thank you, Margaret Sowmick
Pow-Wow Committee Member

It's Spring Clean-up Time!!

When and Where? One week Saturday, May 2nd to Saturday, May 9th.

Saturday, May 2	Trailer Park
Sunday, May 3	Family Day
Monday, May 4	Ojibway Drive
Tuesday, May 5	Broadway
Wednesday, May 6	Nish-na-be-Among
Thursday, May 7	Leaton Road
Friday, May 8	Tomah Road
Saturday, May 9	Lawn Care Day (Cut your grass, etc.)

We will have trucks available to you on the above days.

We can dispose of anything big or small your household would like to discard. All we ask is that you pile it near the road on the day your area is scheduled. Health Board staff will around to sign you up. Please no everyday household garbage.

Also, for safety's sake, we are requesting that old Junk cars be removed. Apart from being eye sores, more importantly they are hazardous to the children of this community. Therefore, the Tribal Police Department have been instructed to begin ticketing these vehicles and if necessary through enforcement of our Tribal Codes have them removed.

In addition our day, Sunday, May 3rd from 1 - 6 p.m., is being reserved for kids and family involvement. So, get involved and bring your kids because after picking up paper, etc. around the community, we are planning fun games, Volley ball, Sack races, etc., and a hot dog roast. FUN! FUN! FUN!

For safety's sake (fire prevention, etc.) and a more healthy, clean environment we are encouraging everyone to participate.

Everyone is welcome to come out and join in. With everyone participating and doing their part during the week we can make our community a more clean and safe place to live. Megwetch!

Saginaw Chippewa Tribal Staff
Saginaw Chippewa Health Board
Saginaw Chippewa Housing Authority
Saginaw Chippewa Fund Raising Project
Saginaw Chippewa Tribal Police Dept.

IF YOU WORK AFTER YOU RETIRE

If you are approaching retirement, you are probably looking forward to a well-earned reward after years of hard work. Yet, you enjoy working and do not want to stop entirely. You may ask, "If I take a part-time job or run a small business, can I still get Social Security retirement checks?"

The answer depends partly on your age. If you are under 65, you can earn up to \$6,000 in 1987 and receive ALL benefits due. If you are 65 through 69, the annual exempt amount this year is \$8,150. And if you are 70 or older, there is no limit on earnings. The exempt amounts increase each year to keep pace with rising wage levels.

Even if you earn over these amounts, partial benefits may be payable. The basic rule is that \$1 in benefits is withheld for each \$2 earned over the exempt amount.

There is also a special rule that applies in only 1 year—usually the year you retire. You can get a full benefit for each month earnings that do not exceed one-twelfth (1/12) of the annual limit (in 1987: \$500 if you are under 65 and \$680 if you are 65 through 69).

This monthly rule allows you to start getting benefits right away in the year of retirement no matter how high your earnings earlier in the year. If you are self-employed, your time and services devoted to the business are considered in addition to net income; you can get more information on this at the Social Security office.

To see how these two rules work, consider "Joe" who retired at 62 in 1986 and gets \$450 a month from Social Security. He took a part-time job in January 1987 and will earn \$7,600 in 1987. Under the basic annual rule, Joe will lose \$800, or a little less than 2 months benefits.

Now let's say Joe, instead, retires June 30, 1987, and earns \$15,000 in the first 6 months. Then he works part-time the last 6 months for \$300 a month. Even though Joe's total 1987 earnings \$16,800, he can get a full benefit for each of the last 6 months under the monthly rule.

You should notify Social Security promptly any time you start or stop work or have a change in estimated earnings. In this way you can avoid a possible overpayment. It's best to estimate on the "high side" to be safe since your benefits for the year will be based on that estimate.

We will be pleased to answer questions you have about how earnings affect Social Security benefits. You can call us at 773-9924 or visit us at 304 W. Michigan, Mt. Pleasant.

Donald L. Hire, District Manager

SCHOOL NEWS

Jay (Little Jay) Casner will be graduating in June from the Kicking Horse Job Corps in Ronan, Montana. The Saginaw Chippewa Indian Community extends to him our congratulations for his fine achievements!

MARY MCGUIRE

Twenty-Five Years Open House

Mary McGuire Elementary School is celebrating twenty-five (25) years. Students and parents, past and present invited to come visit the school.

The Open House is scheduled on for May 17, 1987, from 2:00 p.m. - 4:00 p.m. A Native American display will be shown and there will be a Fry Bread Taste test for everyone.

If you would like a ride to the Open House on Sunday, please contact Jeanette Johnson and Audrey Falcon, Mary McGuire Planning Committee Members.

We want to see you get involved.

HEAD START?

Our last year student, Alex Sawmick, donated her Gerbil to the Head Start class. When our Head Start class returned from Spring Break we found this notice on the Gerbil's cage:

NOTICE TO HEAD START

Your Gerbil has "kicked the bucket". After I tried numerous attempts to revive him on Sunday, April 5, 1987, it was too late. The spirit had left him. He was buried in a proper Military Funeral with a 16 gun salute.

Chuck Benz, USA - RET
Funeral Director, SCHA

Thank you for handling this matter for us, but what I'd like to know is: "What is it like to do mouth to mouth on a Gerbil?"

Margaret Sowmick, Head Start

OPTICAL TECHNICIAN

Marion Mena has been training to be the Optical Technician. If you should need to order glasses or need repairs, please see or call Marion at 773-9887, extension 36. Office hours for the Optical Technician will be Monday thru Friday, from 3:00 p.m. to 5:00 p.m. It would be to your benefit if you would call before coming out to the Tribal Center due to her CHR responsibilities.

SAFETY OF CHILDREN

Since more of our people are working, there has been a problem with children being unattended. People have made the Health Board aware of children in the streets and with the traffic, we need to make sure nobody gets hurt!!

If you are in need of a babysitter, we have a bulletin board for your needs, just leave a note with a telephone number where you can be reached or if you are interested in getting a babysitting pool started, please call Marion Mena or Ken Sprague at (517) 773-9887, for more information.

Marion Mena, CHR

MEDICAL SERVICES PROGRAM UPDATE:

As you are aware, Nimkee Memorial Health Clinic has changed. We are now working closely with a physician, Dr. Dan Dean, D.O., who provides four (4) hours of service from 12:00 - 1:00 p.m., everyday. In addition to the doctor, we have subcontracted with a new Family Nurse Practitioner, Fern Natzel, who works with Dr. Dean in his private practice. She will be available in the clinic on Monday, Wednesday and Thursday from 1:00 - 5:00 p.m. Fern has several years of experience as a Nurse Practitioner. She worked at Central Michigan University Health Center. Welcome Fern! Also, Jean Pego, Contract Health Clerk has relocated to the Clinic.

CONTRACT HEALTH SERVICE (CHS) REVISED POLICIES:

Effective May 1, 1987, the following policies will be in effect as approved by the Saginaw Chippewa Indian Health Board Committee on April 7, 1987.

High Lighted Revisions

1. You must patient register to participate in Saginaw Chippewa Indian Health Programs. Patient Registration will be done at the Nimkee Memorial Health Clinic.
2. Indian Health Board will no longer pay for office calls. Free office call services are available at Nimkee Health Clinic. You must utilize Nimkee Clinic as the first step to receiving an authorization. The physician or Family Nurse Practitioner will determine if you need to be referred to another provider. Exceptions: Individuals on the High Risk list.
3. Indian Health Board will no longer pay for co-payments. i.e. Blue Cross/Blue Shield prescription has \$2.00 co-pay. Medicaid has a \$.50 co-pay on prescriptions. Dental services co-pay, 20% on restorative care. IHS will not pay for Dental Laboratory on restorative care.

4. Indian Health Board has contracted with Downtown Drugs. Downtown Drugs is the only drug store we will be dealing with except in Saganing and Merritt.

5. A 72 hour notice is required to be given to Jean Pego, CHS Clerk, on services. We will not be responsible for old bills any longer.

6. Authorizations will not be given for the many services available through Ninkee Clinic such as: Yearly physicals, B/P checks, Well Baby Check-ups, Immunizations, Flu shots, Physicals related to employment, Athletic sports and school.

7. All patient hospitalization must be called into the CHS Clerk within 72 hours if CHS payment is required.

8. All other medical coverage must be first used before CHS. i.e. Blue Cross/Blue Shield and Medicaid.

9. Limited Dental Funds are available for prevention emergencies and restorative care until June 30, 1987. Effective July 1, 1987, the Delta Dental Program will be implemented. Further information will be made available at a later date.

10. CHS will pay for the eye exam only using the following time limits:

0 - 19 years	yearly
20 - 43 years	every three years
44 - over	every two years

CHS will not pay for contact lenses. Exceptions are made if a medical condition warrants a more frequent exam.

11. Optical Dispensing Services are available at the Tribal Center. You provide the eye prescription and glasses can be selected, fitted, ordered and repaired via Marion Mena, CHR, and Jeanette Johnson, secretary.

THE TEENAGE YEARS An Important Stage of Emotional Development

The word adolescence comes from the latin verb "to grow up". That means dealing with special aspects of emotional development. But the "parentified" child often misses one or many of these phases of growing up. And that can be a problem in the future. Here's what some expert told Choices:

SEPARATION FROM PARENTS: A teen has to break away from his/her parents in order to become his own person, says Dr. Robert Berk, Associate Professor of Pediatrics at Mt. Sinai Hospital in New York City.

But the parentified teenager doesn't have the "all-important" chance to separate, he explains. "Think of it this way: When you choose to be a parent, you give up the freedom to come and go as you please, because of your new responsibility. But the parentified teen is put in a parent's role with no choice. So what she gives up is the freedom to explore and become separate, and develop her own identity."

FORMING JUDGMENTS, MAKING DECISIONS: "Parents help children form judgments and make decisions by letting them try and fail for themselves," says Sedahlia Crase, a Professor of Child Development at Iowa State University.

But parentified children often lack the skills to think for themselves. "They may always be thinking, 'what does my parent want or expect from me?' she says. As adults, they may have a terrible time making day-to-day decisions."

DEVELOPING SOCIAL SKILLS: Teens learn how to interact and communicate with others largely through their peers, say Phyllis Davidson, an Assistant Professor of Child Development at Tennessee Tech, Cookeville, TN.

But parentified teenagers spend so much time with parents that as adults they're often going to be socially awkward and uncomfortable.

CONFLICT RESOLUTION: Parents help children cope with conflicts. They teach them when to express and control anger, says adolescent psychiatrist, Dr. Gerald Dabbs, of New York City.

But parentified children are often secretly very angry. "As adults, they're going to have a harder time resolving conflicts. Their wounded anger gets in the way. So to avoid conflicts they may become withdrawn."

If you feel you're missing out on some important aspects of growing up, talk with a guidance counselor. He or she may guide you to a social service agency for help.

HELPFUL HOTLINES

Listening Ear Crisis Center. . . 772-2918
Family Resource Program. . . 772-5700
National Youth Emergency 1-800-621-4000
Child Help U.S.A. . . . 1-800-422-4453
FOR TROUBLED TEENS: Call 1-213-855-HOPE
6:00 p.m. to 10:00 p.m., Pacific Time.
If you can't afford the call, call collect or a staff member will call you back.



CHR TRANSPORTATION POLICY Saginaw Chippewa Health Department Effective April 1, 1985

PURPOSE:

The CHR Program has been providing transportation for health related needs of clients of the Saginaw Chippewa Indian Community for approximately 10 years. Changes have occurred requiring the establishment of a Transportation Policy for CHR's and other Tribal transportation resources.

These changes are:

1. Lack of funds, budget cutbacks in Indian Health Service Program.
2. Our population is increasing, so we have a shortage of staff to continue providing transportation the way the community is used to.

3. CHR's are needed in other areas to provide direct medical services and programs, which does not allow much time for transportation anymore.

4. Currently there is no policy to transportation except health related reasons ONLY.

5. Growing concern of the liability of the CHR providing transportation for clients.

6. Other resources (Dial-a-ride) are not being utilized to its potential. We are coordinating with Dial-a-ride and will pay for Dial-a-ride for medical appointments.

7. Transportation has been provided for client's who have cars or have relatives, and or friends, who could provide transportation, so CHR's are being used inappropriately.

8. Mileage and salary makes CHR's transportation very expensive.

Therefore, the following policy outlined below is being recommended to the Health Board Committee and the Tribal Council for approval.

TRANSPORTATION POLICY:

1. The CHR should be considered the lowest priority (last resort) when it comes to transporting. They will try to arrange transportation with a relative or friend who has a car.

2. A CHR will provide transportation for a medical emergency only:

- a. Premature labor and delivery;
- b. Any acute airway obstruction;
- c. Laceration of a major vessel.

A CHR would transport only after basic first aid measures have been provided. Weekend travel to be done in extreme emergencies only, as outlined above.

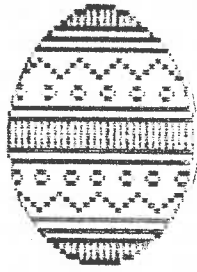
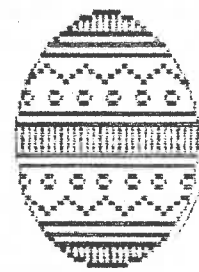
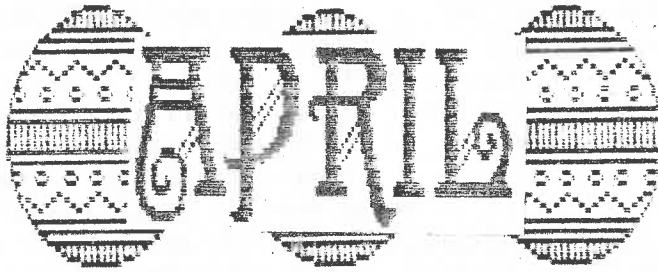
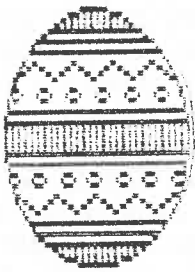
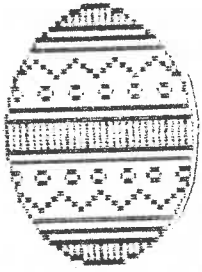
3. Handicapped, elderly, and those with no other means of transportation (non-emergency transports) will be provided.



GOOD HEALTH-LONG LIFE



SAGINAW CHIPPEWA INDIAN TRIBE
HEALTH PROMOTION/DISEASE PREVENTION NEWSLETTER



IT'S SPRING! THE WEATHER IS GETTING WARMER AND IT'S TIME TO THINK ABOUT GETTING BACK INTO SHAPE! THE ARTICLE BELOW WILL GIVE YOU SOME IDEAS ON WHERE TO START!

WEAKENED BY TECHNOLOGY

The American dream has come true. We can spend hours at work or play and barely lift a finger, thanks to modern conveniences like television, home computers, electronic video games, power lawn mowers, mopeds, elevators, automatic garage door openers, and people movers. Modern technology at its finest has given us all this... plus an out-of-shape, overweight society.

Advances in the last 50 years have made jobs physically easier and home lives more leisurely. We have inherited a dangerously inactive lifestyle that makes us more likely to develop heart disease and other degenerative illnesses. As a result, most of us today need to make exercise a part of our daily routines.

Exercise offers many benefits. Being physically fit is one of the best things we can do to live long and healthy lives. Regular exercise helps us look and feel good; increases strength, endurance and coordination; minimizes stress; controls weight and reduces chronic fatigue. In addition, it improves blood circulation throughout the body, while helping lungs, heart and other organs and muscles work together more efficiently.

Many people view exercise as a strenuous, regimented time in which we overtax our bodies and weaken our spirits. Exercise does not have to be that way at all. An exercise program should be carefully selected to provide personal enjoyment. While it should be demanding physically, it should not be exhausting or painful.

Activities that are often recommended as part of an exercise program include walking, jogging, running, bicycling, swimming, skating, jumping rope, cross-country skiing, and dancing. These activities are particularly good because they are aerobic. This means they are rhythmic, repetitive, involve motion, use the large muscles of the body and challenge the circulatory system. Aerobic exercise increases the blood flow to the working muscles for an extended period of time, which is particularly important for improving endurance and strengthening the heart. Sports like racquetball, handball, tennis, soccer and basketball can also be aerobic if the motion is continuous.

For best results, an exercise program should be followed regularly, at least three times a week. The exercise period should last at least 20 to 30 minutes. Five to 10 minutes should be used before and after exercising to warm up and cool down. This



helps to prevent injuries and lets the body adjust gradually to activity.

When beginning an exercise program, don't try to do too much too soon! Don't push until you are ready to collapse. Exercise should be comfortable. If you over-exert yourself you can cause serious injury or illness. You will know that you are doing too much if you are so out of breath that you cannot talk.

If you haven't exercised in a while, it is very important that you start out slowly and build up gradually! If you are over 35 or have a history of heart problems, consult your doctor before beginning an exercise program.

Once you begin a program, don't stop! The more you exercise the better your health. You don't have to be a fitness fanatic to reap the benefits. Exercise does not have to be a major pursuit, but like television and other modern conveniences, it should be a normal part of your daily life!

FITNESS PLACE HOURS & GUIDELINES

The Saginaw Chippewa Indian Tribe Fitness Place will be open during the following hours:

Monday through Friday	8:00 am to 6:00 pm
Tuesday and Thursday	7:00 pm to 9:00 pm *
Saturday	10:00 am to 2:00 pm *

* You must call and set up an appointment to workout during these times.

Children 16 and under must be directly supervised by an adult, preferably a parent. Children must remain with the adult at all times.

Children 12 and under will not be permitted to use the weight equipment! Their muscles and bones are not mature enough to handle this activity.

Smoking is not permitted in the Fitness Place!

No food or drink will be allowed in the Fitness Place!

Locker and shower facilities are available!

Families welcome!!!!

HAPPY EASTER!

Have you done a physical activity lately that you haven't done in quite a while, such as moved furniture, carried heavy boxes or started an exercise program? You felt fine afterwards, but the next day your muscles were stiff and sore!

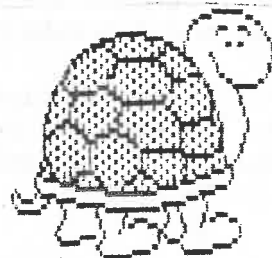
Sore and stiff muscles are no laughing matter! When we experience muscle soreness and stiffness, it is our body's way of letting us know we worked hard, harder than our muscles are used to working! If we are simply out of shape, the stiffness will last about 24 to 48 hours. But if we have strained a muscle, which means we have experienced muscle tear, the soreness or pain may never go away. In this case you should see a doctor. If however the stiffness is due to being out of shape, here are some things you can do to help ease the pain of stiffness! Remember, sometimes regardless of what kind of physical condition you are in you will experience stiffness, especially if you are using a group of muscles you don't use for other activities.

- 1) **STAY ACTIVE!** The worst thing that you can do is sit around because you are sore! Inactivity will make the stiffness worse. Stretching exercises will help tremendously.
- 2) **TAKE A WARM SHOWER OR BATH!** The warm water will increase the blood flow to the muscles helping to relieve the soreness. Try to move the body part around as the water comes in contact with it.
- 3) **START A REGULAR EXERCISE PROGRAM!** By using your muscles and strengthening them at least 3 times a week, you may not experience as much muscle stiffness and soreness, as your muscles are used to activity.

JOGGERS NOTICE!!!

We are forming a "Joggers and Runners Club" now that the weather is getting warmer. Besides recording mileage, as part of the club you will receive a club T-shirt and throughout the rest of the year we will present workshops on topics that pertain to running, such as, shoe selection, proper training methods, nutrition, etc. If you are interested in becoming a member of the group, please contact Tammy Mackey, Physical Fitness/Recreation Specialist at the Nimkee Clinic, 772-3767.

**Good
Health**



**LONG
LIFE**

4. A twenty-four (24) hour notice is required for non-emergency transport.

5. The CHR is authorized to do local travel according to home visits scheduled.

6. No one under twelve (12) would be transported without a parent or guardian.

7. Seat belts and child restraints will be used according to Tribal and State Laws.

8. A CHR may refuse to transport in adverse weather and may refuse to transport an abusive person.

9. The Health Director can refuse to honor a mileage claim that she does not consider necessary or proper.

10. All CHR's will carry a copy of the policy with them. It will be posted and sent in a newsletter to the community members.

11. The policy will be submitted for support to the Health Board Committee and the Tribal Council.

There is also a very important note that needs to be brought to your attention. Anyone who has Medicaid is required to use their Medicaid Card to get glasses. These can be ordered at the time of your eye exam with your optician.

If you have any questions, please feel free to call.

Thank you for your cooperation.

If you have any questions regarding the Revised Policies, please call (517) 773-9887 or (517) 772-3767. Thank you.

Jean Pego, Contract Health Clerk
John Frisch, Asst' Health Administrator
Audrey Falcon, Health Administrator

Saginaw Chippewa Indian Health Board
Committee

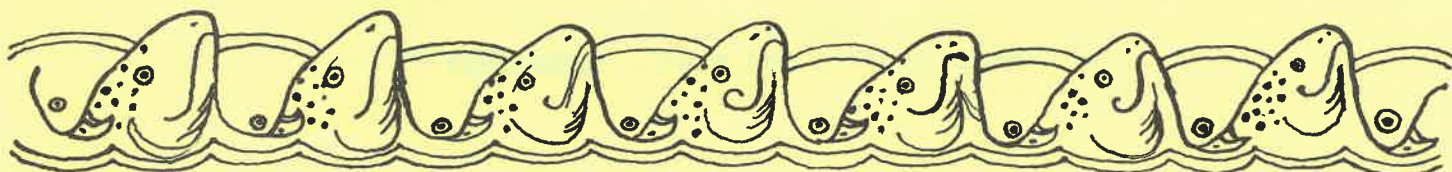
Elsie Sawmick
Nicki Perez
Wilmer Smith
Angie Peters
Florence Sprague
Anita Pelcher
Mildred Pelcher

After hours Pharmacy
Medical emergency number
(Dr. Dean)

773-5544
773-5415



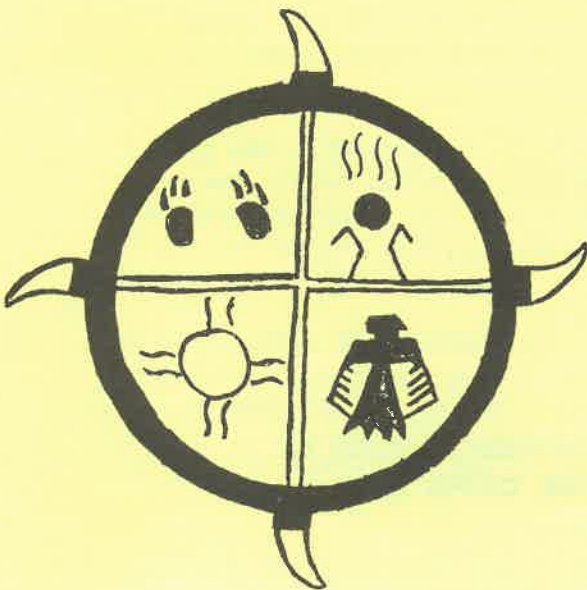
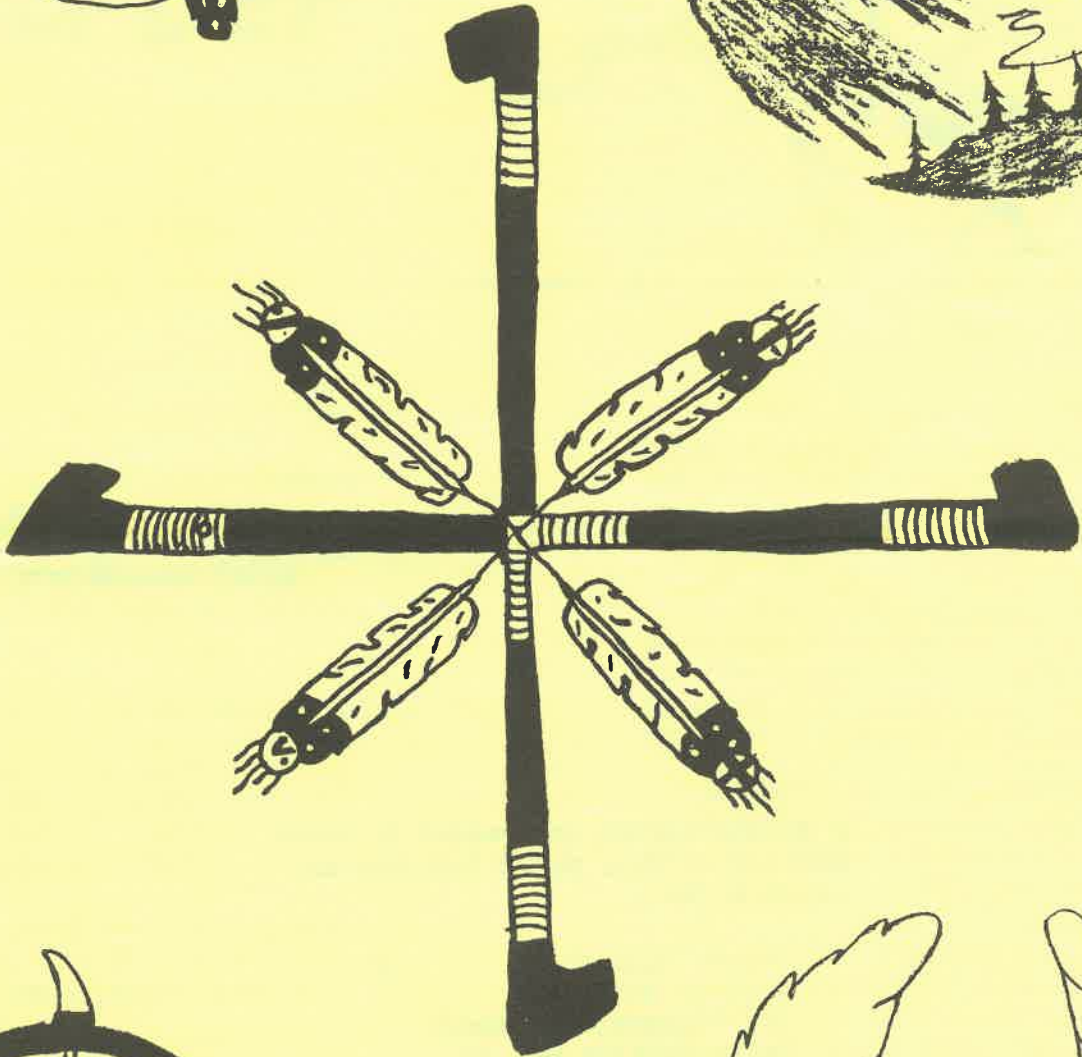
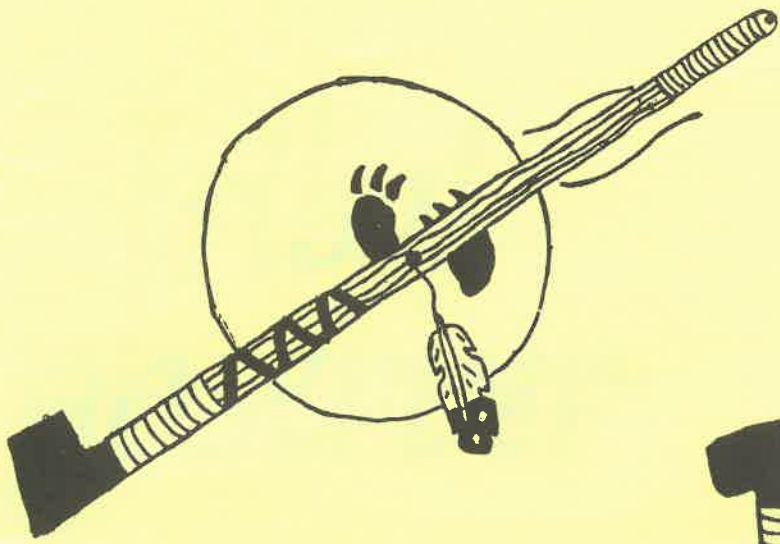
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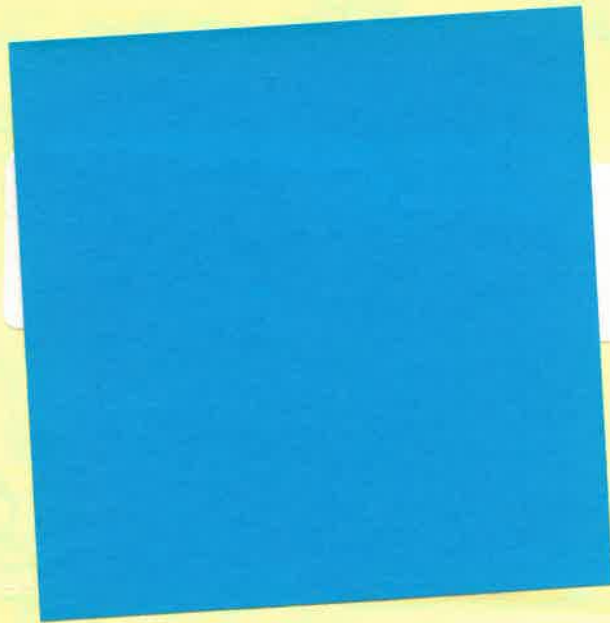


C. PEREZ

DRAWINGS BY THE MT. PLEASANT HIGH
SCHOOL STUDENTS AND STAFF. MEGWETCH!!



The Saginaw Chippewa Indian Tribe
7070 E. Broadway
Mt. Pleasant, Michigan 48858



If anyone has any information to share
with our readers, please feel free to
submit it to:

Tribal Observer
7070 E. Broadway
Mt. Pleasant, MI 48858
(517) 772-5700 ext. 34

Deadlines will be the 10th of each
month.

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