

# COMMUNITY OUTREACH

Volume 1, Issue 3

April 2023

## Office Updates

Sa-holhchifoat Judy Goforth Parker, Ph.D., APRN. Chikasha Saya. My name is Judy Goforth Parker. I am Chickasaw.

Spring is a busy time in our office. We are following the 2023 Farm Bill which is a national bill that will impact Chickasaws everywhere.

The bill empowers farmers to feed America. A special demonstration project allowing tribes to procure specific foods

in the Food Distribution Program at a local level came from the 2018 Farm Bill. The Chickasaw Nation was one of eight tribes awarded the



grant. This is just one example of food sovereignty opportunities we are monitoring in preparation for this year's bill.

As a member of the AYA team, I continue to work on our walking app created in 2018. AYA is a digital application packed full of Chickasaw history, language, songs and prayers. Please join us and walk with John Herrington, our newest walking partner, as he speaks about his journey in space and his bicycle ride across the United States. Users have walked more than nine billion steps with AYA.

**Chipisala'cho,**

Judy Goforth Parker, PhD, APRN

## AYA Download

Use this QR code to download AYA and start your adventure today!



## Spring Allergies

For those who experience seasonal allergies, also known as 'hay fever', spring can either be a beautiful time of year when we can witness the growth of new life or when life outside is absolutely miserable - thanks to allergies. The culprit causing itchy and watery eyes, sneezing, coughing and congestion is largely pollen from a number of trees, grasses and weeds. If you suffer from seasonal allergies, check the weather app which often has pollen counts posted.

You can help manage allergy symptoms by staying indoors, vacuuming frequently and keeping the windows closed.



## Toksali SMART

This summer, Dr. Judy Goforth Parker will be offering a course about Public Health Policy in First American tribes. The course is offered to Toksali SMART youth employment program participants.

A previous student recommends the class for the great networking opportunities. It is also a good way to understand the purpose of health policy and how we advocate for our tribe's health.



**Have questions or suggestions for the office of health policy?**

Please send an email to [Judy.Parker@Chickasaw.net](mailto:Judy.Parker@Chickasaw.net)

**Apply for Summer '23!**

## Food Sovereignty

As tribes join the national discussion about the Farm Bill in 2023, food sovereignty is a crucial part of the discussion. Food sovereignty is the right to choose which foods to eat, where the foods come from and how the foods are grown.

We can choose to purchase foods grown from local farmer's markets and even raise some of our own foods. The Chickasaw Nation is practicing food sovereignty in several ways. We support the local farmer's market by providing food vouchers for our senior citizens.

With the price of eggs currently at an all time high, individuals may also choose to raise chickens. The Farm Bill shapes federal farm and food policy and acknowledges tribal sovereignty. I will keep you updated as we continue to follow this legislation.



## A Healthy Immune System is a Healthy Defense!

A healthy immune system is one of the first defenses for your body. The immune system is responsible for fighting mutated cells or bacteria and viruses. To boost your immune system, start by providing the nutrients it needs to perform well. Antioxidants help remove toxic substances within our body and can be obtained in foods such as berries, apples, beans and more. Vitamin C also plays a big role in the immune system to fight infection. Sources of vitamin C include a variety of citrus fruits and red bell peppers. The gut also plays a large role in your immune system; probiotics are boosters, considering they provide you with good gut bacteria that can help stimulate a stronger immune response. Supplements can be helpful, but talk to your health care provider first. Managing your stress levels, getting enough sleep and exercise are other ways you can boost your immune system. A healthy defense is a strong defense!

