



Saginaw Chippewa Health & Human Services (SHHS)

AUGUST 2026 – Health & Human Services Awareness

August Health & Human Services Focus Areas

August is a time to focus on prevention, wellness, healthy lifestyles, and strengthening our community.

SHHS is committed to promoting the health and well-being of tribal members through quality healthcare, behavioral health, family services, elder support, prevention, and community engagement.

National Immunization Awareness Month

Vaccinations remain one of the safest and most effective ways to prevent serious illnesses for children, adults, and elders. Talk with your healthcare provider to ensure your immunizations are up to date before the school year begins.



Behavioral Health & Recovery Awareness

Behavioral health is an essential part of overall wellness. SHHS encourages anyone experiencing stress, anxiety, depression, substance use concerns, or emotional challenges to seek help early. Recovery is possible, and support is available.

National Wellness Month

Take time to care for your physical, emotional, mental, and spiritual wellbeing.

- Schedule preventive health screenings
- Stay physically active
- Get adequate sleep
- Practice stress management
- Reconnect with family, culture, and community



Healthy Aging & Elder Wellness

Our elders are the keepers of our culture, language, and traditions. August is an opportunity to:

- Check in on elders
- Encourage preventive medical visits
- Review medications
- Promote fall prevention
- Stay socially connected

SHHS comprises of Andahwod Senior Center, ACFS Social Services, Behavioral Health, and Nimkee Memorial Wellness Center.

Family & Child Well-Being

Healthy families create healthy communities.

- Ensure children receive annual physicals and dental exams
- Complete school immunizations
- Encourage healthy nutrition and daily physical activity
- Support positive parenting and child safety

Diabetes Prevention & Heart Health

Small lifestyle changes can make a big difference.

- Eat balanced meals
- Stay hydrated
- Walk daily
- Monitor blood pressure and blood sugar
- Keep regular appointments with your healthcare provider



Oral Health

Healthy smiles contribute to overall health.

- Brush twice daily
- Floss every day
- Schedule routine dental cleanings and examinations

Nutrition & Food Safety

As summer continues:

- Keep foods properly refrigerated
- Wash fresh fruits and vegetables thoroughly
- Stay hydrated during warm weather
- Practice safe food preparation to prevent foodborne illness

Summer Safety

Protect yourself and your family by:

- Drinking plenty of water
- Wearing sunscreen and protective clothing
- Using insect repellent when outdoors
- Practicing water safety
- Watching for signs of heat-related illness.



Tobacco & Commercial Nicotine Prevention

Choosing to live tobacco-free supports healthier hearts and lungs. SHHS respects and honors the traditional ceremonial use of tobacco while encouraging the avoidance of commercial tobacco and vaping products.

SHHS Community Wellness Reminder

Your health matters. Whether you need medical care, behavioral health services, family support, elder services, prevention resources, pharmacy services, dental care, or wellness education, SHHS is here to serve our tribal community with compassion, respect, and excellence. Together, we build a healthier future by honoring our traditions, supporting one another, and promoting wellness for every generation.

Saginaw Chippewa Health & Human Services (SHHS)

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Serving Our Community • Promoting Wellness • Honoring Tradition



Saginaw Chippewa Indian Tribe of Michigan

"Working Together for Our Future"

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