

DECEMBER 2008 NEWSLETTER

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December, 1 2008

HEALTH NEWS

Season's Greetings, everyone!!

I hope everyone had a wonderful Thanksgiving! Next, is Christmas, then we'll be into the year 2009! I am still in shock that 2008 is almost GONE. On a personal note, my little "Papoose" will be a year old – most of you remember when I was pregnant – doesn't seem possible, does it?

So, getting down to business... I felt the Flu Shot Clinic was a success again this year. If you are a person still in need of your Flu Shot, I am still giving them out, so, Come On In. Just to clarify, Influenza is a serious, possibly life-threatening respiratory (lung) illness that is caused by a Virus. Viruses can be easily spread from person to person, through personal contact, or sometimes, even in the air. The Influenza Vaccine is changed each year to try to keep up with the ever-changing virus. The Flu Shot (Influenza Vaccine) can NOT give you the Flu !!! It is not a live virus that you are receiving. The only real contraindication (or reason against) receiving your Flu Shot is allergic reaction in the past to the Shot itself, or an allergic reaction to Eggs. If you have a "mild" illness, you can still receive your Shot, but, if you are moderately to severely ill, you do need to wait until you have gotten better to get your Shot. If you have any questions or concerns, please don't hesitate to call me.

The Fall round of the Stepping Program has ended. The last day was November 18, 2008. We had 31 adults who had signed up, and all but 2 completed the Program. This is awesome. We will be starting another Round up the first week in January, the 5th through the 9th are the sign-up days. If you are a new person or a returning member, please come in during this time to Sign Up. The weekly drawing winners that have not been announced yet are: Lillie Ann Smith, Debbie Tatsey, Lindsey Boggs, and Patty Boggs. Congratulations to you all.

December 1st is National HIV/AIDS Day. The organization that performs free HIV Testing / Counseling services will be here on December 2nd to perform Free, Confidential HIV Testing in the Clinic. Your results will not even be released to the Center, so, if your concern about confidentiality has been a reason for you to not get your HIV Test, then set that fear aside, and come up and get tested. Testing will take place from 1 PM to 4 PM. The organization that is performing the testing, is giving out incentives, such as, \$10 Gas Cards for everyone that gets tested. The CDC (Center for Disease Control) recommends that every person between the ages of 13 – 64 years old get an annual HIV Test.

December 4th is our Women's Wellness Clinic with a female provider. If you are a female in need of an annual exam, or mammogram, please call the Center ASAP to schedule your appointment. We also offer birth control at these Clinics. In case you didn't know, you can receive FREE condoms here at the Center anytime that you need some.

On December 2nd, and December 9th, at 10:30 AM; there will be a representative here from AARP to explain different Prescription Drug Plans to anyone who wishes to come and learn about their options. You will need to bring a list of your current medications with you to this event, so the representative will be able to tell you which plan would work best for you, providing you with the best coverage. Mark your calendars, for this is a wonderful opportunity for you.

May God Bless each and every one of you. Merry Christmas and Happy New Year !

Mary Sue Hewankorn, RN

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Please Note:

- **Dr. McGree will be here on December 4th, 11th, 18th, 2008. Please call and schedule an appointment with Angela.**
- **Christmas Carnival on December 19th, 2008, from 4:00 p.m. until 6:00 p.m**
- **WE WILL BE PROVIDING FREE AND CONFIDENTIAL SCREENING FOR HIV/AIDS ON TUESDAY 12/2/08 FROM 1:00 P.M. – 4:00**
- **Anybody who is about to turn 65 or interested in the Medicare Prescription drug plans we will be providing information here on Tuesday December 2nd and December 9th, 2008 at 10:30.**

HEALTH NEWS

WORLD'S AIDS DAY

WORLD'S AIDS DAY IS DECEMBER 1, 2008. WE ARE PLANNING

WE WILL BE PROVIDING FREE AND CONFIDENTIAL SCREENING FOR HIV/AIDS ON TUESDAY 12/2/08 FROM 1:00 P.M. – 4:00.

BUTTE INDIAN WOMEN'S HEALTH ALLIANCE AND BREAST AND CERVICAL PROGRAM

The coalition meeting will be on December 15, 2008 at the center. Bring a friend and your favorite dish.

WOMEN'S WELLNESS CLINIC

We will be having a wellness clinic for women needing their pap and mammograms thru the Breast and Cervical Program on December 3rd, 2008 from 8:30 – 11:30. We will be having a female provider so take advantage of this clinic. Please call and schedule an appointment.

CLINIC

Mary Sue- RN is here from 8:00 a.m. – 5:00 p.m. everyday Mon-Fridays.

Ida will be at the Center on Tuesdays from 8:00 to 5:00. She will be doing home visits to the diabetics.

Dr. McGree will be here on December 4th, 11th, 18th, 2008. Please call and schedule an appointment with Angela.

HEART BUTTE MEDICATIONS

WE WILL BE GOING TO HEART BUTTE ON December 2nd, 2008 and again on December 16th, 2008 (Just to pick up medications). PLEASE CALL AND LET US KNOW IF YOU NEED TO GO 7 days before we go up. The new procedure for Heart Butte is we have to fax the list of people going up 7 days before and we can't add anyone if they are not on the list. You must also call to refill your medications

ANYONE WHO HAS MEDICAID OR MEDICARE THE ALLIANCE WILL PICK UP YOUR CO-PAYS THE ONLY REQUIREMENT IS THAT YOU UTILIZE OUR CLINIC/PROVIDER IN ORDER FOR US TO DO THIS.

IT IS THE RESPONSIBILITY OF THE CLIENT TO MAKE SURE YOU LET US KNOW ABOUT YOUR MEDICATIONS.

THE CLINIC HAS LIMITED MEDICATIONS HERE AT THE CLINIC YOU MUST COME THRU CLINIC IN ORDER TO GET THEM.

TRANSPORTATION

Transportation will be given by 24 hours notice only. So if you need to go to the doctor or get medications please let us know ahead of time that way we can schedule you in.

DENTAL/OPTICAL/YMCA

We started a new list so anyone needing these please come and update your paperwork for the New Year. First come, First serve.

EVERYONE MUST BE IN COMPLIANCE AND FILL OUT THE FORMS FOR DENTAL, OPTICAL, PHYSICAL FITNESS PROGRAM. We staff these programs weekly.

ANYONE THAT MISSES THEIR APPOINTMENT WILL BE PUT AT THE BOTTOM OF THE LIST FOR DENTAL/OPTICAL CARE. ANYONE WHO WOULD LIKE TO PARTICIPATE IN THE FITNESS PROGRAM NEEDS TO GET A PHYSICAL THRU THE CLINIC BEFORE THEY WILL BE ADDED.

CHILD PASSENGER SAFETY

4 out of 5 Car Seats are Used Wrong; could you be one of them? Buckle Up Baby! Announcing... A Permanent Fitting Station at the Uptown Fire Department
*Check for Correct Installation
*Check Your Seat for Recalls*Check to make sure the seat matches your

child's weight and age*Check to make sure the seat is positioned in your vehicle correctly * Answer any child safety seat questions you may have. **FOR AN APPOINTMENT CALL 782-9509.** BSB SAFE KIDS SAFE COMMUNITIES

497-5087

We will be providing another health needs assessment starting in January 2009, watch for the dates in the newsletter. This is the communities center and we need your input so we can plan on what your needs are. Thanks

CENTER FOR NATIVE HEALTH PARTNERSHIPS

We received a Planning Grant Notice of Award from the Center for Native Health Partnerships for 11/17/08 to 6/30/09. Congratulations!!!!

INFORMATION ON MEDICARE PRESCRIPTION DRUG PLANS

Anybody who is about to turn 65 or interested in the Medicare Prescription drug plans we will be providing information here on Tuesday December 2nd and December 9th, 2008 at 10:30. Please bring in the names of drugs your taking, quality you take a month and the doses. If you need a ride please call to schedule a ride.



Patty Boggs, Health Coordinator

Congratulations Naomi!!

We would like to congratulate Naomi Longfox, the WIA Program Counselor, on being one of the Butte Communities 2008 Women of Distinction Nominees.

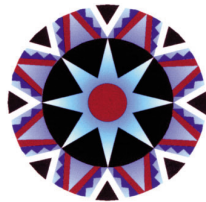
Naomi's story appeared in a special insert in the Montana Standard and she was also celebrated at a social held at the MAC center on November 5th, 2008. She was accompanied by her family, which included three of her out of town sisters, and received a beautiful certificate recognizing her work within the Native American community for the past thirty years.

The NAIA also wanted to recognize Naomi's accomplishments and presented her with a beautiful Pendleton Blanket during Culture Night on November 20, 2008.

Thank you Naomi for your past, present and future support of our people.

NAIA Staff

Youth Group Corner



Hi Everyone,

Hope everyone is doing great! We might get some winter pretty soon but who knows with our crazy weather.

I hope everyone comes out and joins our cultural nights. I think by having them it will bring everyone in our community back together and make us a stronger community.

Looking back I remember when everyone in our community helped out and worked together so that we could be strong, what ever happened to that!

Our old ways are disappearing because we're not taking the time to pass on what we learned as kids. We as people today have to start helping to keep it alive. I hope everyone will start getting their children enrolled and share why it is so important to be proud to be Indian. If we as parents, grandparents, aunts, uncles, and so on don't teach our children then who will? Don't leave it up to strangers, start today and teach and share with them in your home.

If you as elders would like to come and share your stories with my youth group, I would be honored to let them learn from your stories. Story telling is a great part of our culture; it is how we passed time in the winter months. I also learned that story telling is part of the traditional games so if our children learned more they could participate in the games this summer. Help me help them.

We will not be having a cultural night this month due to the holidays and carnival night for our youth program. The kids and their families who **actively participate** in the youth group program are invited to the Christmas Carnival on December 19th, 2008, from 4:00 p.m. until 6:00 p.m. If your children are not enrolled in our program, please complete the paperwork so they'll be able to attend our group activities. Our clients need to be in compliance in order for us to be able to include and count them.

Until next month stay warm and enjoy your holidays!

Alta Boggs Longfox
Youth Facilitator

Behavioral Health News

Hi Everyone! It has been a couple of months since this dept. got an article out for the news letter. Last month we went on training and it was very beneficial to our program.

Both I and Jesse have been busy with helping new clients get their assessment and evaluations done. We have approximately 5 people in Outpatient treatment and seven in Continuing Care. The program has been seeing people coming and going, mostly completing their treatment and going forward with their recovery!.....good news.

The Access to Recovery Program is enabling us to refer clients to providers who are able to help with Behavioral Health issues and anything else related to substance abuse problems. We were able to get one client into treatment and have the necessary funds to take care of it. We also are getting one more ready for residential treatment.

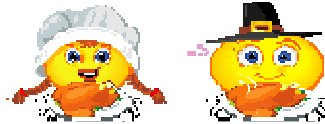
We are ready and able to help who ever is in of need help with any thing relating to alcohol and drugs.

CALL 406-782-0461

ASK FOR MARIAN OR JESSE

IF YOU THINK YOU OR A FAMILY MEMBER IS HAVING A PROBLEM WITH ALCOHOL OR DRUGS.
WE CAN HELP!

Hope You Hade a HAPPY THANKSGIVING!



DO YOU OR ANYONE YOU KNOW HAVE A PROBLEM WITH METHAMPHETAMINE USE/ABUSE????.....COME SEE US WE CAN HELP WITH RECOVERY!!!!



From Jesse Collins and Marian Scofield

Have a Very Merry Christmas

COMMUNITY ORGANIZER

Hello Everyone!

It's been really nice meeting some of you at the different community events the last few months. Butte is a great community. Next time you attend one of our activities, bring some new with you. We would like to reach more Indian people living in and all around the Butte area that may be in need of services that we are currently offering.

Some of the things we are planning in the near future are conducting a needs assessment, developing an Advisory Committee and focus groups on health issues. We want your opinions. Please plan on participating in the future of your Indian Center.

Happy Holidays

Debbie Tatsey

Community Organizer

WIA Program

The first semester of the school year is just about over! Hopefully all our students are doing well and we wish you good luck with finals.

We have student openings, supportive service openings, and G.E.D. openings. Any college students beginning in Spring semester, please come in and complete our paperwork for assistance. If you have any questions, feel free to come in or give me a call at 723-4361.

Have a happy and blessed holiday season!

Naomi Longfox

December 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	WORLD'S AIDS DAY Youth Group	Heart Butte be here at 8:00 a.m. Diabetes meeting 10:30 to 11:30 Medicare Prescription Drug Plan 10:30 a.m. Meeting FREE HIV/AIDS SCREENING 1:00-4:00	Women's Wellness Clinic Youth Group	Clinic 8:00- 11:30 Youth Group		
7	8	9	10	11	12	13
	Youth Group	Diabetes meeting 10:30 to 11:30 Medicare Prescription Drug Plan 10:30 a.m. Meeting Youth Group	Continuing Care Group 6:00-7:30 Youth Group	Clinic 8:00- 11:30 Youth Group		
14	15	16	17	18	19	20
	Youth Group	Heart Butte pick up meds Diabetes meeting 10:30 to 11:30	Continuing Care Group 6:00-7:30 Youth Group	Clinic 8:00- 11:30	Youth Group Christmas Carnival 4:00 to 6:00	
21	22	23	24	25	26	27
		Diabetes meeting 10:30 to 11:30		CHRISTMAS CLOSED	CHRISTMAS CLOSED	
28	29	30	31			
		Diabetes meeting 10:30 to 11:30		NEW YEARS CLOSED	CLOSED	

NORTH AMERICAN INDIAN ALLIANCE

55 East Galena
Butte, Mt 59701

Diabetes!!!

The Diabetes Group continues to meet every Tuesday at 10:30 AM at the center. This is a nice group to learn about diabetes and meet people with this disease.

“Collaborative Approaches to Building Healthy Communities in Indian Country”



Diabetes!!!

The Diabetes Group continues to meet every Tuesday at 10:30 AM at the center. This is a nice group to learn about diabetes and meet people with this disease.

The NAIA is going to apply for Indian Health Service Diabetes Recognition. This is a recognized program by Indian Health and it will help people with their self-management of this disease. We know the key person is not the doctor, the nurse, the dietician... it is the patient!!!!

Any questions, please call Ida on Tuesdays at the center.

The Stepping Club was a huge success. Everyone did great and improved their health. There were over 80 people at the stepping club party/cultural night. The center was hopping. Thank you for coming!

The next session of the stepping club will begin in January after the holidays.

Thank you, Ida Reighard, RN