

DECEMBER 2009 NEWSLETTER

Volume 2, Issue 12
December 4, 2009

HEALTH NEWS

December Diabetes News

Have you been to a foot doctor lately? This is very important if you have diabetes? Dr. Gustavson, the podiatrist (foot doctor) is coming from Browning December 11. Call the center before that date to schedule an appointment.

The NAIA Youth Group has been participating in the YMCA program, "Find Your Verb." This program introduces all of the equipment at the YMCA to the kids so they will feel more comfortable at the YMCA. The parents will attend midway to see how great the kids are doing. There will also be a ceremony at the end of the program in January. Tell Your Kids Great Work! They are doing what they need to do to live a healthy life.

The Diabetes Group meets weekly at the center, Tuesday at 10:30. Everyone is welcome. The more the merrier!

Ida

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Please Note:

- Dr. McGree will be here on December 3rd, 10th, 17th, 24th, 31st.
- ON December 1st, 2009 and again on December 15th, 2009 (Just to pick up medications).
- Danielle- RN is here from 8:00 a.m. – 5:00 p.m. everyday Mon-Thursday and 8:00 – 4:00 on Fridays.
- Our Christmas Party for our Youth Group and their families will be on the 16th @ the Blaine starting at 5:30. I hope to see everyone next cultural night which will be on Dec 17, here at the center starting at 5:30.

HEALTH NEWS

ADOPTION

For all you Native families trying to adopt Native children **don't give up** because it will happen; look at this wonderful outcome:

The one wish of my Aunt Viola Berry was to adopt her great-grandchild, Trinity, whom she and my uncle Joe were raising. After her passing my uncle had to go through a lot just to keep Trinity. When he was about to give up we would encourage him to keep going because that is what Aunt Vi wanted. Finally on November 24, 2009, the adoption was finalized. Congratulations to Uncle Joe and Trinity Berry, we know Aunt Vi has been with us all the time because this has finally happened.



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

The coalition meeting will be on December 7th, 2009 5:30 p.m. 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 2nd, 2009 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

Danelle- RN is here from 8:00 a.m. –

5:00 p.m. everyday Mon-Thursday and 8:00 – 4:00 on 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 3rd, 10th, 17th, 24th, 31st. Please call and schedule an appointment with Angela.

HEART BUTTE MEDICATIONS

WE WILL BE GOING TO HEART BUTTE ON December 1st, 2009 and again on December 15th, 2009 (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

MERRY CHRISTMAS AND HAPPY NEW YEAR!!!



Patty Boggs, Health Coordinator



H1N1 Vaccine

We have the H1N1 vaccine available to target groups. The target groups are set up by the County Health Department and are as following:

Pregnant women

People who live with or care for children younger than 6 months of age

Health care and emergency medical services personnel

Persons between the age 6 months through 24 years of age

Persons aged 25–64 years who have medical conditions that put them at risk for influenza related complications

If you fall in to one of these categories come in and get the H1N1 vaccine. If you have any further questions please feel free to call and ask for Danelle, RN: (406) 782-0461

December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	30 Youth Group	1 Diabetes Group 10:30- 11:30 Youth Group Heart Butte	2 Mental Health Cont. Care 6:00 p.m. Youth Group	3 Clinic 8:00- 11:30 Youth Group	4	5
6	7 Youth Group	8 No Youth Group Diabetes Group 10:30- 11:30	9 Mental Health Cont. Care 6:00 p.m. Youth Group	10 Clinic 8:00- 11:30 Youth Group	11	12
13	14 Women's Coalition meeting 5:30 Youth Group	15 Diabetes Group 10:30- 11:30	16 Mental Health Cont. Care 6:00 p.m. Youth Group Christmas Party	17 Clinic 8:00- 11:30 Cultural night 5:30	18	19
20	21 Youth Group	22 Diabetes Group 10:30- 11:30 Youth Group	23 Mental Health Cont. Care 6:00 p.m. Youth Group	24 Clinic 8:00- 11:45 Closed 1/2 day for Christmas eve	25 Closed	26
27	28 Youth Group	29 Diabetes Group 10:30- 11:30 Youth Group	30 Mental Health Cont. Care 6:00 p.m. Youth Group	31 Clinic 8:00- 11:45 Closed 1/2 day	Closed	

Youth Group Corner



Oki Everyone,

Well here we are at the end of our year, now tell me; where did it go! We had a feed for our community last month and I was sorry for those of you who could not make it. Our feeds are for all those who are natives in our community and would like to get together with old friends or new ones and just visit. **Our Christmas Party for our Youth Group and their families will be on the 16th @ the Blaine starting at 5:30.** I hope to see everyone next cultural night which will be on **Dec 17, here at the center starting at 5:30.** We will be having a traditional lady and I will have all the information by the end of next week and it will be posted. Are kids are into a new project with the YMCA and so far it is very beneficial for them. It keeps our young ones on the go so they are building up their muscles. If someone still would like to sign up for the youth program please parents come in and fill out the paper work. We have been pretty busy this year and hopefully next year will be even more active. I have been sending the art projects that we have been doing home with the kids I hope you as parents enjoy them. I would like to congratulate the Berry family on the adopting of Trinity it took some time but the day finally arrived. They are the first Native family in Butte to be an adopted family of a Native Indian child. That's a great accomplishment for the Native Indian people of our community. If anyone else is out there waiting for an adoption to go through please do not give up it will happen stick to your guns.

Here are the days we will be having Youth Group for December:

Younger kids 7, 8, 14, 15, 21,, 28,

Older kids: 2, 3, 9, 10, 16th Christmas Party @ the Blaine for youth group families 17th Cultural Night @ Center, 22, 29.

Because of the Holidays I will be having youth group early on 21,21,28,29, @ 1:00 p.m to 4:00 p.m. I will also have just one day for each group.

Well I wish everyone a Merry Christmas and a Happy New Year. If you have any questions please give me a call 782-0461.

Here is this month's story it is by the Cheyenne.

Race with Buffalo

There was a time when all the animals lived in peace, when no one ate anyone else. All the animals were the same color, because they had not yet painted their faces.

Buffalo was the largest and strongest of the animals, and he was getting hungry. He wanted to be the chief of all the animals. He wanted to draw strength from all the other animals by eating their flesh. Buffalo wanted to become the eater of all the animals. The human people also said that they should become the chief of all the animals. They also wanted to become the eater of all the other animals.

One day, Buffalo challenged the Human People to a race; the winner of the race would become the chief of all the animals. The People said that they would accept such a challenge, but since buffaloes have four legs and people only have two, the people claimed the right to have another animal run the race in the people's place. The buffaloes consented. The People chose the Bird People to represent them in the race. They chose Hummingbird, Meadowlark, Hawk, and Magpie.

The race was to be held at the edge of the Black hills at the place known as Buffalo Gap. The competitors would race from the starting line sticks to the turn around stick and then back to the starting line. All the animals, painted according to their vision, lined up between the sticks. Among the animals were the Bird People, who would run the race with their wings for the Human People, and runs Slender Buffalo, the fastest runner of all the buffaloes.

The cry was given to begin and all the animals and birds set out on the race. Hummingbird took the lead, ahead of Runs Slender Buffalo, but his wings were so small that he soon fell behind. As the animals neared the turn around stick, Runs Slender Buffalo took the lead. Then Meadowlark came up beside Runs Slender Buffalo. And the two went along side by side tight into the turn, Runs Slender Buffalo wheeled around the stick her hooves thundering and she pulled away from Meadowlark, who went wide to make the turn.

The animals in the lead passed the late runners who were still headed for the stick; Meadowlark fell behind and cheered on hawk as he passed her. Hawk gained on runs slender Buffalo, and it looked like he might pass her. Her heart was pounding and her legs were tiring, but hawk's wings were tiring also, and she soon fell behind, runs Slender buffalo was nearing the finish line as the winner. It looked like the Buffalo People would become the eaters of all the animals.

Then, behind the buffalo woman, wings beating steadily came Magpie, She was not a quick starter, but her wing beats were hard and true. Her heart was strong; her eyes did not wander from the finish line. She never looked back. Her wings were wide and she drove herself forward with beat after beat after beat. Runs slender Buffalo looked over at the magpie, but the magpie never looked away from the starting sticks.

With each beat of her wings she moved past Runs Slender Buffalo by no more than the length of her bill. At the starting sticks, many animals began to line up to watch the finish. Raccoon stood up between the sticks and put out his little hands for the runners to touch as they passed. He would feel the touch of whoever was in the lead, and turn toward the winner.

Closer and closer came they got Magpie gradually flew nearer to the ground so she could brush Raccoon's little hands as she flew past. Runs Slender Buffalo, leaned forward as she ran to touch Raccoon's hand with her great nose. Magpie's wingtip touched Raccoon's little hand and he turned toward her an instant before Runs Slender Buffalo thundered past and he was surrounded by a great cloud of dust. All the animal waited breathlessly for the dust to settle

At last, there stood Raccoon with his little hand raised toward the path of Magpie. The Human People had won the race! The Buffalo wandered the great plains and ate grass and the people became the great hunters, the chief of all animals.

NORTH AMERICAN INDIAN ALLIANCE

55 East Galena
Butte, Mt 59701

Hours: Monday Thru Thursday 8:00 a.m.— 5:00 p.m.
Friday 8:00 a.m. 4:00 p.m.
Closed Noon—1:00 p.m. for Lunch

Phone: 406-782-0461
Fax* 406-782-7345

*“Collaborative Approaches to Building Healthy
Communities in Indian Country”*

