

JANUARY 2010 NEWSLETTER

Volume 3, Issue 1

January 1, 2010

HEALTH NEWS

A HAPPY
NEW YEAR

The New Year is coming. I have been at the North American Indian Alliance now for a while and am settling in to the new job. I have enjoyed meeting and working with the clients here. I would like to give a special thanks to our board member Patricia StiffArm for all the hours she has volunteered to the North American Indian Alliance, to ensure all the events we have sponsored have been successful. **Thanks Patty!** Happy New Year everyone!



The H1N1 vaccine is now available to everyone if you are interested and have not receive a vaccine this season for the H1N1 please give me a call or stop. We have a limited supply so I t will be given first come, first serve. Contact: 782-4301

Danelle Stein

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Please Note:

- Dr. McGree will be here on January 7th, 14th, 21st and 28th 2010.
- WE WILL BE GOING TO HEART BUTTE ON January 5th, 2010 and again on January 19th, 2010
- We are going to start our YMCA program the 11th of January, so we will be doing early group again for four (4) weeks
- At this time we have dropped the WAITING LIST for any individual who wishes to have an assessment or evaluation.

HEALTH NEWS

Extension Program

The Extension Program at Montana State University offers free nutrition classes. Classes focus on healthier food choices and smarter spending habits. There will be lots of new recipes, lots of cooking tips and yummy treats. If you are interested in participating contact Patty at 782-0461 or Shelley at 782-1455.

HEALTH NEEDS ASSESSMENT

We will be doing a Health Needs Assessment for the Community and surrounding areas your input is very important and they need to be completely filled out. If you haven't done one yet stop by the center and fill one out. Thanks

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

Will be having our meeting on January 11, 2010 at 5:30, so bring a friend and your favorite dish.

CLINIC

Danelle Stein is the new registered nurse for the center. Welcome!! For all those who don't know her come in and say hello.

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

Dr. McGree will be here on January 7th, 14th, 21st and 28th 2010.

HEART BUTTE MEDICATIONS

WE WILL BE GOING TO HEART BUTTE ON January 5th, 2010 and again on January 19th, 2010 (Just to pick up medications). PLEASE CALL AND LET US KNOW IF YOU NEED TO GO 7 days before we go up. 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 are waiting to find out a day for dental, so anyone on the list I will get in contact with you as soon as we find out.

Patty Boggs, Health Coordinator

**HAPPY
NEW
YEAR**



January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 off	2
3	4	5 Heart Butte 6:00 am.	6 Cont. Care Group 6:00-7:00 Mental Health	7 Clinic 8:00-11:30	8	9
10	11 Women's Coalition 5:30 pm.	12	13 Cont. Care Group 6:00-7:00 Mental Health	14 Clinic 8:00-11:30	15	16
17	18	19 Heart Butte 8:00 am.	20 Cont. Care Group 6:00-7:00 Mental Health	21 Clinic 8:00-11:30	22	23
24	25	26	27 Cont. Care Group 6:00-7:00 Mental Health	28 Clinic 8:00-11:30	29	30
31						

BEHAVIORAL HEALTH NEWS

Howdy Folks!

Well, Christmas has come and gone, hoping yours was a Happy, Joyous and a Wonderful one with your families. A New Year is now upon us and hoping yours will be a good year with all your resolutions coming to past.

At this time we have dropped the **WAITING LIST** for any individual who wishes to have an assessment or evaluation. However the sooner you can make an appointment the better it will be. We are in the process of interviewing several personal to fill the vacant Chemical Dependency Counselor position and hope to have a new one on board after the first of the Year.

We are still conducting our Continuing Care Group on Wednesday evening at 6pm-7pm here at the NAIA.

If anyone believes that they are having some Mental Health issues and need to talk to a Mental Health Professional please call the NAIA and set up a appointment. Our Mental Health Professional is here every Wednesday all day.

Well, I guess that this is it until the next newsletter so until then have a good January.

We are ready to help anyone who is in need of help with alcohol and other drug problems. Please do not be afraid to come in and ask for help if needed.

Our phone number is 728-0461

Ask for Jesse

**DO YOU OR ANYONE YOU KNOW HAVE A PROBLEM
WITH METHANPHETIMINEUSE/ABUSE/DEPENCENCE!!!!.....
COME SEE US, WE CAN HELP WITH RECOVERY.**

Take care everyone, be safe, be sober.



Youth Group Corner

Oki, everyone,

All ready a new year and you just got to wonder where the old one went! Well were going to start our YMCA program the 11th of January, so we will be doing early group again for four (4) weeks. I got some pictures of the older kids at the Y hanging on my wall if you're in the office come back and see them. I will be taken some of the younger kids and put them up when we start again. They seem to really enjoy going. We will start doing some new projects when were done at the Y.

I would like to give a great big Thank You to Mel and Grace Swan for the bikes they gave to our program, we will probably have a raffle within our youth group to see who will receive them.

On our next cultural night I hope more of the community will come; we put a lot of work into having these for everyone and it would be nice if we had a better out come. I will post it on the board and have poster on the door so that you know who will be presenting and on what subject. Our last presenter was very informative on her tribe and she gave us a big compliment on how our youth help severed our people and how they have respect. She said you don't see that no more with the younger kids. Way to go kids you make me proud! When you see our youth tell them how proud they make you. Give our youth a big hand, good job!

If anyone has a story about their tribe you can bring it to me and I'll put in the newsletter for you. This month's newsletter goes out to Irene I hope you enjoy.

I hope everyone had a great Christmas and a Happy New Year

Until next month, have (Sookapii) good (Aiyikiinon) spirit (Nitakkaa) my friend

Alta Boggs Longfox

Youth Facilitator

WIA Program

Students please come in and see if you meet our guidelines for services. Those of you already receiving assistance, refer your Native friends to us. Anyone beginning school in the spring, come in to see if you qualify.

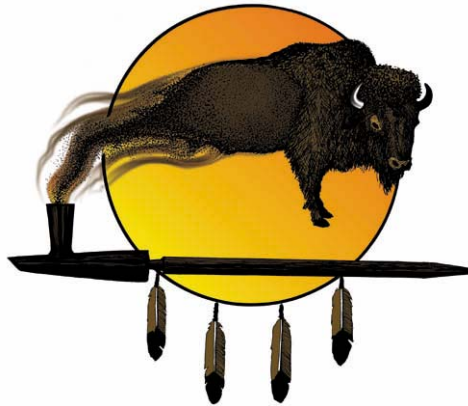
Are you thinking about getting your G.E.D? Start prep classes and see if you're ready to test or if you need assistance in certain areas. Once you pass the entire G.E.D. test, we reimburse the testing fee plus provide an incentive amount.

If you're recently entering the workforce after some time off, we offer supportive services for clothing or shoes.

Stop by or give me a call (723-4361) with any questions. Hope you all had a Merry Christmas and a Happy new Year!!

Naomi Longfox

723-4361



This is a Story of the Peace Pipe

Two young men were out strolling one night talking of love affairs. They passed around a hill and came to a little ravine or coulee. Suddenly they saw coming up from the ravine a beautiful woman. She was painted and her dress was of the very finest material.

"What a beautiful girl" said one of the young men. "Already I love her. I will steal her and make her my wife."

"No, said the other. "Don't harm her. She may be holy."

The young woman approached and held out a pipe which she first offered to the sky, then to the earth and then advanced, holding it out in her extended hands.

"I know what you young men have been saying; one of you is good; the other is wicked," she said.

She laid down the pipe on the ground and at once became a buffalo cow. The sow pawed the ground stuck her tail straight out behind her the then lifted the pipe from the ground again in her hoofs; immediately she became a young woman again.

"I have come to give you this gift," she said. "It is the peace pipe. Hereafter all treaties and ceremonies shall be performed after smoking it. It shall bring peaceful thoughts into your minds. You shall offer it to the Great Mystery and to mother earth."

The two young men ran to the village and told what they had seen and heard. All the village came out where the young woman was.

She repeated to them what she had already told the young men and added:

"When you set free the ghost (the spirit of deceased persons) you must have a white buffalo cow skin."

She gave the pipe to the medicine men of the village, turned again to a buffalo cow and fled away to the land of buffaloes.

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”*

