

# DECEMBER 2010 NEWSLETTER

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## DIABETIC NEWS

Did you know Diabetes affects Native Americans 3x the rate of non-natives? If you have not been checked for diabetes, please consider making an appointment to do so. You may have diabetes even if you are young, even if you have no family history, even without symptoms!

There are symptoms related to diabetes. Watch for thirst, frequent urination, frequent infections, or feeling very tired after a meal. Call the center or come in for more information.

If you have diabetes, it is very important you learn everything you can about this disease. There is diabetes education available from a diabetes RN on Tuesdays at the center. Call for any questions. Home visits are also available.

Diabetes can be a very scary disease but it can be managed and you do not have to suffer complications from high blood sugars. They can be kept in range and you can live a very long healthy life.

The diabetes group meets on Tuesdays at 10:30 AM at the center. This is a fun group of very nice people. Come and join us.

## WIA PROGRAM

Happy Holidays to each of you. We have supportive service allowance for those of you that are entering the workforce. There are also openings in the GED Program. All of our slots for college are filled.

Naomi Longfox

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### Notes

- Dr. McGree will be here on December 2<sup>nd</sup>, 9th, 16th, 23rd.
- Barb Bailey-Physician Assistant will be here Monday, Tuesday and Wednesdays. 9:00 to 4:00 p.m.
- The Women's Coalition meeting will be 12/13/10 at 5:30

## HEALTH NEWS

### CALENDARS

The Center has new calendars so if you want one please come and get one from the front desk.

### BUTTE INDIAN WOMEN'S HEALTH ALLIANCE AND BREAST AND CERVICAL PROGRAM WELLNESS DAY

The Women's Coalition meeting will be 12/13/10 at 5:30, bring a friend, your favorite dish come and get involved. The women's Coalition will be collecting for a Christmas food basket to give to a needy family. Anyone that would like to donate is welcome to do so.

### CLINIC

**Danelle Stein**, Registered Nurse is here at the Center Monday-Fridays.

**Ida** will be at the Center on Tuesdays from 8:00 to 12:00. She will be doing home visits and case management to the diabetics.

**Dr. McGree** will be here on December 2<sup>nd</sup>, 9th, 16th, 23rd.

**Barb Bailey**-Physician Assistant will be here Monday, Tuesday and Wednesdays. 9:00 to 4:00 p.m.

### HEART BUTTE MEDICATIONS

WE WILL BE GOING TO HEART BUTTE ON December 7<sup>th</sup>, 2010 and again on December 21<sup>st</sup> 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.



**AND HAPPY NEW YEAR!**

Patty Boggs, Health Coordinator

## BEHAVIORAL NEWS

Happy Holidays! It is the time of year for merriment making and visiting family and friends. This can be very difficult for someone trying to maintain his/her recovery program by not knowing how to celebrate without using drugs and/or alcohol. It takes time and practice to become comfortable in recovery but it does not mean that you cannot celebrate or socialize. What it does mean is that you need to redefine your perspective of the word celebration.

*Celebration: To observe a holiday, to perform a religious ceremony, or to take part in a festival.*

If you are part of a 12 Step program you can attend the different activities that are offered by the program, your church may have some activities planned, and there are community events such as the Christmas Stroll. You can find these events in the newspaper under the title of -Events Calendar

If you end up having to go to a party be sure to have a plan of action.

EXAMPLE: Take a friend in recovery for support and have an exit plan with your partner if you become uncomfortable.

Life does not have to go on without you when in recovery. You can still participate in life but now you can do it with a clear mind and lighter heart. May everyone have a safe and happy holiday season.

DeAnna Bruening, LAC

## CHEMICAL DEPENDENCY


Hello all. Just a note from the CD Department to wish all of you a Merry Christmas and a prosperous New Year.

The CD Department has grown by several clients during this last month. We do, however have lots of room for new clients and we welcome any person who wants to utilize our services. Please contact us and set up an appointment. We have two counselors in the CD Program and can see more clients

I am so delighted to be back at the NAIA and my health has improved each day. I am feeling better each day and I believe that the great staff at the NAIA has helped me tremendously.

I hope that each of you are enjoying the Holidays as much as circumstances allow and that you are richly blessed in the coming year. Merry Christmas, Happy New Year.

# MERRY CHRISTMAS

 December 2010						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Clinic 9:00-4:00 Cont. Care 4:30-6:00	2 Clinic 8:00-11:30	3	4
5	6 Clinic 9:00-4:00	7 Clinic 9:00-4:00 Heart Butte 6:00 a.m.	8 Clinic 9:00-4:00 Cont. Care 4:30-6:00	9 Clinic 8:00-11:30	10	11
12	13 Clinic 9:00-4:00	14 Clinic 9:00-4:00	15 Clinic 9:00-4:00 Cont. Care 4:30-6:00	16 Clinic 8:00-11:30	17	18
19	20 Clinic 9:00-4:00	21 Clinic 9:00-4:00 Heart Butte 8:00 a.m.	22 Clinic 9:00-4:00 Cont. Care 4:30-6:00	23 Clinic 8:00-11:30 Closed at Noon	24 Closed For Christmas	25 Merry Christmas
26	27 Clinic 9:00-4:00	28 Clinic 9:00-4:00	29 Clinic 9:00-4:00 Cont. Care 4:30-6:00	30 Clinic 8:00-11:30 Closed at Noon	31 Closed for New Years	Happy New Year

## Schedule of Events

- Clinic Monday-Wednesday 9:00 a.m.—4:00 p.m.
- Clinic Thursday's 8:00 a.m.—11:30
- Heart Butte December 7th leave at 6:00 a.m.
- Heart Butte December 21st pick up meds
- Cont. Care Group 4:30—6:00 every Wednesday
- Closed 1/2 day on Dec 23rd, 2010
- Closed Dec 24th, 2010
- Closed 1/2 day on Dec 30th
- Closed on Dec 31 for New Year's

# Life IS a delicate balance



**Your flu vaccine protects me. My flu vaccine protects you.**

When you get your flu vaccine, you can keep yourself healthy **and** keep from spreading the flu. Protect the circle of life.

For more information, visit  
<http://www.flu.gov>



## HEALTH NEWS

As the holiday season marches on, here are some ideas for maintaining or losing weight without adding to your stress level. Be good to yourselves and to each other. Happy Holidays!

### 23 Ways to Lose Weight Without Dieting:

Time your meals by eating more slowly and savoring each bite.

Sleep more. Sleeping one extra hour each night replaces idle activities and mindless snacking.

Eat more vegetables. Increased fiber and water help you feel full.

Soup it up. Broth-based soups with vegetables fill you up on fewer calories, especially when eaten at the beginning of a meal.

Eat whole grains such as brown rice, barley, oats, buckwheat, whole wheat to fill up with fewer calories.

Keep a "skinny clothes" outfit where you see it every day to stay focused on your goal.

Skip the bacon with breakfast and on sandwiches. This saves about 100 calories and adds up to about #10 a year.

Put veggies on pizza instead of meat, go light on the cheese, or use reduced fat cheese, and opt for thin bread-like crust.

Cut back on sugary drinks. A single regular soda contains 10 teaspoons of sugar. Try water or 0-calorie seltzer with a splash of lemon, lime, or orange juice, or mint flavoring.

Use a small thin glass for juices and other beverages; this cuts the amount you drink by 25-30%.

Limit alcohol. Alcohol has 7 calories per gram, compared to 4 calories per gram of carbohydrate or protein, and provides empty calories without nutrients.

Sip green tea to temporarily increase calorie burning.

Do yoga or tai chi to improve self-awareness and become more mindful of eating habits.

Prepare and eat home-cooked meals at least five days a week. This allows you to choose your cooking method, seasonings, and portion sizes.

Chew sugarless gum when you're at risk for snacking. Strong-flavored gum makes other, less healthy foods taste bad.

Use a smaller plate or bowl to cut out 100-200 calories a day, about #10-20 a year.

Be aware of portion size, what constitutes a serving of various foods.

Use the 80-20 rule: Stop eating when you're 80% full.

At restaurants: share an entrée; order an appetizer as your meal; choose from the children's menu; ask for half the meal in a doggie bag before it's served.

Choose red/marinara sauce for pasta instead of alfredo sauce.

Go meatless, try vegetarian meals to increase fiber, feel more full with fewer calories.

Burn an extra 100 calories a day: walk 1 mile, about 20 minutes; mow the lawn for 20 minutes; clean house for 30 minutes; jog for 10 minutes, scoop snow for 10 minutes.

Celebrate small victories by treating yourself, for example to a new item of clothing, a facial, mani- or pedicure.



Hi Everyone,

To think that it's almost Christmas and man has this year flew by. I hope everyone has a nice Christmas and a Happy New Year.

We are having a Youth Group fundraiser and will be raffling two gift baskets and 2 gift certificates for the holidays. I would like to thank Naomi Longfox for the basket donations and Bruce and Bob's Good Guy Pawn for the gift certificates. Please come in and help out our youth group by buying a few tickets, they are \$1.00 each or 6 tickets for \$5.00 and are available at the front desk. The drawing will be held on Monday, December 20<sup>th</sup>, and you do NOT need to be present to win.

We will be trying to make some Native ornaments this year for trees and we are planning to sell them as another fundraiser for our Youth group. As soon as we get some finished we will hang them at the front desk for purchase so be watching!

We are having all these fundraisers because money is tight and we'd like our kids to be able to continue activities like swimming, attending Pow-wow's, camp, or just helping out with supplies they may need. If anyone has donations or knows of a business willing to donate items, please feel free to bring them in. If anyone would like to help sell tickets stop by and pick some up.

I will be out of the office on December 6<sup>th</sup> – 9<sup>th</sup> for a workshop so there will be no youth group that week.

Our Christmas Party will be December 21<sup>st</sup> from 5:30 p.m. to 6:30 p.m. here at the center. We will have dinner and a visit from Santa. I will not be able to provide rides to the party because that is a medication pick up day and the van will be in Heart Butte.

If you or anyone else knows of any new families in our area, introduce them to the North American Indian Alliance.

Until next month have fun and enjoy our holidays.

Alta Boggs Longfox  
Youth Facilitator

## **NORTH AMERICAN INDIAN ALLIANCE**

55 East Galena  
Butte, Mt 59701

Address Service Requested

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”*



## **Flu shot**

**Now** is a good time to get you flu shot. This year's seasonal flu vaccine has the H1N1 vaccine included in it. So there is only one vaccine to get this year. Our State is beginning to have reported cases of H1N1 again. The Flu typically peaks in January and February, after you are vaccinated your protection is the strongest 6 weeks after the shot. We do have vaccine left and we will be giving it on a first come basis. If you have any questions about the vaccine feel free to call me (Danelle Stein, RN) at (406) 782-0461.