

JANUARY 2011 NEWSLETTER

Volume 4, Issue 1

January 1, 2011

DIABETIC NEWS

Happy New Year. The diabetes groups meet on Tuesday mornings at the center at 10:30. This is a nice group of people that meet to discuss their issues with diabetes as well as learn how to better manage the disease. Everyone is welcome to this group. There are also one on one education sessions available. Please call the center to set up an appointment.

Diabetes is a disease that seems to target certain groups, including Native Americans. Being Native American, puts you at higher risk of developing this disease BUT you can prevent the onset of diabetes and you can control diabetes so you do not have to suffer the complications that come with diabetes when it is not controlled. The NAIA can help you with this.

Ida Reighard, RN, CDE

WIA PROGRAM

Congratulations to Naomi Longfox on her retirement and thank you for all your years of service to the Butte community. Our new WIA Program Counselor is Julie Ramone. The higher education assistance slots are currently full, supportive service and GED assistance are still available. Contact Julie at 723-4361 for more information. Happy Holidays!

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Notes

- Dr. McGree will be here on January 6th, 13th, 20th, and 27th 2011.
- The next board meeting will be January 12th at 5:30 at the North American Indian Alliance.
- The Women's Coalition meeting will be 1/17/11 at 5:30
- No Group on January 4, 17, 18, and 27

HEALTH NEWS

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

The Women's Coalition meeting will be 1/17/11 at 5:30, bring a friend, your favorite dish come and get involved. I would like to thank the women's coalition ladies that faithfully donate for the Christmas basket every year.

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 January 6th, 13th, 20th, and 27th 2011.

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 January 4th, 2011 and again on January 18th 2011 (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

Honey Lemon Chicken

Serves 4; serving size: 1/4 recipe

Ingredients

2 Tbsp honey
2 Tbsp freshly squeezed lemon juice
4 cloves garlic, minced
1/2 tsp black pepper
8 boneless, skinless chicken thighs

Preparation

1. Preheat oven to 375°F.
2. In a bowl, combine honey, lemon juice, garlic, and pepper.
3. Coat chicken with honey mixture, and arrange in a baking dish. Bake for 40 minutes, until juices run clear when chicken is pierced.

Nutrition Information

Exchange/Choices

1/2 Carbohydrate

4 Lean Meat

1 Fat

Calories: 255

Calories from Fat: 100

Total Fat: 11.0 g

Saturated Fat: 3.2 g

Polyunsaturated Fat:

Monounsaturated Fat:

Cholesterol: 100 mg

Sodium: 95 mg

Total Carbohydrate: 10 g

Dietary Fiber: 0 g

Sugars: 9 g

Protein: 27

Not all recipes presented here are necessarily appropriate for all people with diabetes, nor will all recipes fit into every meal plan. No two meal plans are alike. Work with your health care provider, diabetes educator or dietitian to design a meal plan that's right for you, and includes the foods you love. A key message for people with diabetes is "Carbs Count." Foods high in carbs (carbohydrates) – bread, tortillas, rice, crackers, cereal, fruit, juice, milk, yogurt, potatoes, corn, peas, sweets – raise your blood glucose levels the most.

For many people, having 3 or 4 servings of a carb choice at each meal and 1 or 2 servings at snacks is about right. Keep an eye on your total number of servings. For example, if you choose to have dessert, cut back on potatoes.

Round out your meals with a serving of:

- Meat (such as fish or chicken) or meat substitute (such as beans, eggs, cheese, and tofu) about the size of a deck of cards and
- Non-starchy vegetables (such as broccoli or lettuce). If you have three (3) or more servings of non-starchy vegetables, count them as a carbohydrate choice. Three (3) servings is equal to 1 1/2 cups of cooked vegetables, or three (3) cups of raw vegetables.

Check your blood glucose to see how your food choices or these recipes affect your blood glucose. If your meal plan isn't working for you, talk to your dietitian about making a new one.

Along with exercise and medications (insulin or oral diabetes pills), nutrition is important for good diabetes management. By eating well-balanced meals in the correct amounts, you can keep your blood glucose level as close to normal (non-diabetes level) as possible.

The recipes on this page are only a part of what is offered in recipe books from the American Diabetes Association. Many also include information on meal planning, portion control, food buying and seasoning, as well as general cooking hints and tips for people with diabetes.

Patty Boggs, Health Coordinator

BEHAVIORAL NEWS

Hello and I hope that each of you had a great Christmas and that 2011 is a wonderful and productive year for each of you and your families. 2010 was a fairly good year for me as I was finally able to get up and around and back to work. I have much to be thankful for and for that I am grateful.

The Behavioral Health program is moving forward and our caseload is growing daily. We do, however, have plenty of room for members of the community that may find themselves in need of some assistance to get through the Holidays. I know, as a recovering person myself that sometimes the Holidays are the hardest time of the year.

Beginning January 3, 2011 at 5:00 PM we will be offering a "Medicine Wheel Group". This will utilize the Talking Circle, the Medicine Wheel and other Cultural information that will help people to recover and maintain sobriety by using Traditional methods. If any of you have ideas about this group or would like to be a part of it in some way please contact me.

We look forward to visiting with you at any time and please feel free to contact me.


William A. Martin BS/LAC

BOARD OF DIRECTORS

Congratulations to the new elected board members: Denise Rodrigues, Cheri Guidoni and Zach Gardipee. The next board meeting will be January 12th at 5:30 at the North American Indian Alliance.

Eric LaPier, Chairman

HAPPY NEW YEAR

|  January 2011 | | | | | | |
|--|--|---|--------------|-------------------------|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | | | 1 |
| 2 | 3 Clinic | 4 Heart Butte 6:00 a.m Diabetes Group 10:30-11:30 | 5 Clinic | 6 Clinic 6:00-11:30 | 7 | 8 |
| 9 | 10 Clinic | 11 Clinic Diabetes Group 10:30-11:30 | 12 Clinic | 13 Clinic 6:00-11:30 | 14 | 15 |
| 16 | 17 Women's Coalition Meeting 5:30 Clinic | 18 Pick up medications in Heart Butte Clinic Diabetes Group 10:30-11:30 | 19 Clinic | 20 Clinic 6:00-11:30 | 21 | 22 |
| 23 | 24 Clinic | 25 Clinic Diabetes Group 10:30-11:30 | 26 Clinic | 27 Clinic 6:00-11:30 | 28 | 29 |
| 30 | 31 Clinic | | | | | |

Schedule of Events

1/4/11-Heart Butte 6:00 a.m

1/6/11-Every Thursday Clinic 8:00-11:30

Every Tuesday-Diabetes Group 10:30-11:30

1/17/11-Women's Coalition Meeting 5:30
Clinic

1/18/11-Pick up medications in Heart Butte



Cultural Night

Presenter: James St. Goddard

Date & Time: January 20, 2011, 5:00-7:00 p.m.

Place: North American Indian Alliance

Feed: Fry Bread and Chili

James will be the speaking on behalf of Eloise Cobell on the update of her case which they discussed with President Obama. We would like everyone in our Native Community to come and ask your questions and find some answers which involve this case. He will also be here on Friday, January 21, 2011, to answer any questions. Please join us.

NEW YEAR
Greetings

From the Youth Program

Hi Everyone.

We're at the end of another year and getting ready to start up a new one. The old year went by fast. We completed many crafts and played lots of games and the kids were very busy dancing last year. They did a great job at dancing and many of them placed at different pow-wows. I would like to thank all of those who took time out and helped me with the kids. If it wasn't for the volunteers who are always helping me, I don't know how I'd manage!

I have lots more crafts I want to teach our kids so that we can sell them all year long. We will continue to fundraise throughout the year so please try to support our kids however you can. We did great on our Christmas raffle and here are the winners:

| | | | | |
|--------------|------------------|--------------|---------------|------------------|
| Paula LaTray | Edie LaDue | Elise Cortez | Leona Lombard | Debbie Dick |
| Towel Basket | Christmas Basket | Ornament | Ornament | Gift Certificate |

Thanks to everyone who bought tickets and good luck next time.

We will be having a Cultural Night this month on January 27th, 2011, here at the Center from 5:30 p.m. to 7:00 p.m. Our feed will be chili and fry bread.

Here is my schedule for January: 3, 5, 6, 10, 11, 12, 13, 19, 20, 24, 25, 26, and 31.

No Group on January 4, 17, 18, and 27

If something should come up and we do not have access to our van I will call and let the parents know.

If anyone has any questions or ideas please give me a call at 782-0461 and I'll get back to you as soon as possible.

Until next month have a safe and happy New-Year!

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”*

