

SEPTEMBER 2011 NEWSLETTER

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WIA PROGRAM

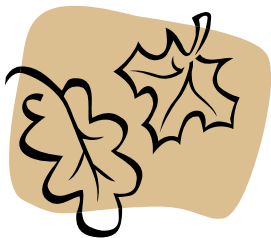
For all Higher Education students returning to school for the 2011-2012 Fall Semester, please come in and update all paperwork if you will require program assistance. There are new requirements to complete before requests can be submitted, so stop in or call Julie at 723-4361. There is also assistance available for resume/job applications and Supportive Services for employment.

DIABETIC NEWS

The Diabetes Group meets every Tuesday at 10:30 at the center. This is a fun group with nice people that want to learn about diabetes as well as provide their advice on living with this disease.

If you have any questions, call 782-0461.

Ida Reighard, RN,CDE



The North American Indian Alliance Diabetes Team would like to invite all people with diabetes to a lunch on October, 4th 2011 at 11:00 AM at the center. Food and drinks will be provided. This will be a fun gathering to enjoy a meal together and discuss topics related to diabetes.

For questions, please call NAIA at 782-0461.

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Please Note:

- Dr. McGree will be here on September 1st, 8th, 22nd and 29, 2011.
- Danelle Stein, Registered Nurse is here at the Center Monday-Fridays.
- The Women's Coalition will be having a booth at the Pow Wow on September 9th and September 10th, 2011 at the Civic Center.
- Colon, Breast and Cervical Cancer Screening are available.
- Youth group will start in September; the dates are 19, 20, 21, 26, 27, 28, and 29.

HEALTH NEWS

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

The Women's Coalition will be having a booth at the Pow Wow on September 9th and September 10th, 2011 at the Civic Center. They also will be selling blankets towel sets and pillows for funding rising.

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 September 1st, 8th, 22nd and 29, 2011.

HEART BUTTE MEDICATIONS

WE WILL BE GOING TO HEART BUTTE ON September 6th and September 20th, 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

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.

RECIPE

Source: For Your Diabetes Life

Vegetable stir-fry with an Asian style sauce.

4 Servings

Ingredients

2oz [dried shiitake mushrooms](#)
1/4cup [cold water](#)
1tbsp [low sodium soy sauce](#)
2[medium garlic cloves](#) , minced
1 1/2tsp [fresh ginger root](#) , grated
2tbsp [canola oil](#)
2cup [chopped bok choy](#) (baby bok choy preferred)
1[medium red bell peppers](#) , seeded and julienned
1/2[fresh carrots](#) , slice diagonally into thin pieces
1cup [fresh broccoli florets](#)
1cup [snow peas](#) , trimmed

Directions

- 1 In small bowl, place dried mushrooms.
- 2 Boil water. Pour over mushrooms. Let sit 30 minutes to rehydrate.
- 3 Put the mushrooms in a heatproof bowl and pour the boiling water on top. Let sit for 30 minutes.
- 4 Remove mushrooms from water. Chop.
- 5 Strain mushroom liquid through fine sieve. Reserve liquid in small bowl.
- 6 Add soy sauce, garlic, and ginger root to mushroom liquid.
- 7 In wok or large skillet, heat oil over medium-high. Add mushrooms, bok choy, red pepper, carrots, and broccoli. Stir fry 3 minutes.
- 8 Reduce heat and add the mushroom sauce. Continue cooking until the sauce thickens and vegetables are still crisp.



Colon Cancer Screening Available

Colon cancer is the second leading cause of cancer death in the United States even though it's one of the most preventable of cancers. Guidelines for who should be screened:

- Male and Female
- Age 50-75 years

If you have a first degree relative with a history of colon cancer (Age 40+)

At the North American Indian Alliance we offer colon cancer screening. If you fit the age criteria or have any questions contact the nurse to discuss the best options available to you. Danelle Stein, RN, phone # (406)782-0461

Breast and Cervical Cancer Screening



Except for skin cancers, breast cancer is the most common form of cancer in women. However, if it is detected while still in its earlier stages, breast cancer can be successfully treated. Routine mammograms and breast exams can detect cancer early and provide women with better treatment options and results.

Cervical cancer also is treatable if detected early. There are often no noticeable symptoms, so it is important that women get screened regularly and have a Pap test. The test can find any abnormal changes that could turn into cancer.

At the North American Indian Alliance we provide access to women's wellness exams. If you have any questions contact the nurse to discuss the best options available to you. Danelle Stein, RN, phone # (406)782-0461

BEHAVIORAL NEWS

Mitakuye Oyasin

Greetings from the Behavioral Health Department.

What is that sound that we are not hearing? Oh, I know, it is the kids who have gone back to school. It is that time of year again and I know that every child is thrilled to be back in school. I know that I always liked to return to school as it meant an end to all the garden work and summer chores of the farm, but I also missed the baseball games and the swimming and all the other cool things that summer brought to the kids. A return to school meant homework, but also meeting new kids and hanging out with old friends.

We are a little busy but not as busy as we would like to be in the Behavioral Health Department. We certainly have room for more and we welcome those of you who may have overindulged this summer and found that there may be a problem with alcohol or drugs and family issues. Let's talk. We can do an assessment to make sure that a problem either does or does not exist and go from there. Many of us are enjoying a life of sobriety that is free from alcohol and/or drugs. We are able to utilize a 12 step approach to sobriety or a cultural 12 step approach or the Medicine Wheel program in our Outpatient facility.

If you are interested in any of our treatment methods then call Angie at 782-0461, to make an appointment. Make sure that your paperwork is all up to date and we will schedule an appointment to determine a course of action. We are here to serve you.

September is a wonderful time of the year to enjoy the changing fall colors in all their beauty. Take a little time to go outside and see the many gifts that we have been granted by our Creator.

William A. Martin BS/LAC



Oki Nitakkaa's,

Well here we are starting another school year out and I hope everyone got all their supplies! I know it was very hard for some of you to buy the supplies, maybe you're still buying. I do have some supplies, not much, but it would be just for those who really need them.

I learned to make films this summer when I went on a workshop. It was very interesting and there's a lot of work that goes into it. My film is only about 4 minutes long but it took me three days to get it finished.

Remember that each October everyone has to come in and do your fiscal year paper work for the new year. After the end of September if you are not signed up you can not attend youth group until your parents come in and complete the new fiscal year paper work.

Don't forget to come to the Pow-Wow on Sept. 9th & 10th at the Civic Center. We have posters up for the times. Hope everyone comes. Those of our Youth kids that dance, please get a hold of me to make sure your outfit still fits and to be sure we have what you need.

I will be going to a few more workshops: Sept. 13th, Foster care meeting, Sept. 14th Recruiting Foster Care Parents in Great Falls, and on Sept. 22nd I will be attending a one day Youth Workshop.

Youth group will start in September; the dates are **19, 20, 21, 26, 27, 28, and 29**. Now that school is in, we go back to our regular time. Group will be 5-9 year olds on Monday and Tuesday and 10-18 year olds on Wednesday and Thursday. These are approximate age categories and I will place children not only based on age but levels of maturity.

Until next month everyone stay healthy and happy.

Alta Boggs Longfox
Youth Facilitator

The Fire Leggings

There had been a sudden change in the weather. A cold rain was falling, and the night comes early when the clouds hang low. The children loved a bright fire, and tonight War Eagle's lodge was light as day. Away off on the plains a wolf was howling, and the rain pattered upon the lodge as though it never intended to quit. It was a splendid night for storytelling, and War Eagle filled and lighted the great stone pipe, while the children made themselves comfortable about the fire.

A spark sprang from the burning sticks, and fell upon Fine Bow's bare leg. They all laughed heartily at the boy's antics to rid himself of the burning coal; and as soon as the laughing ceased War Eagle laid aside the pipe. An Indian's pipe is large to look at, but holds little tobacco.

"See your shadows on the lodge wall?" asked the old warrior. The children said they saw them, and he continued:

"Some day I will tell you a story about them, and how they drew the arrows of our enemies, but tonight I am going to tell you of the great fire-leggings.

"It was long before there were men and women on the world, but my grandfather told me what I shall now tell you.

"The gray light that hides the night stars was creeping through the forests, and the wind the Sun sends to warn the people of his coming was among the fir tops. Flowers, on slender stems, bent their heads out of respect for the herald wind's Master, and from the dead top of a pine tree the Yellowhammer beat upon his drum and called 'the Sun is awake - all hail the Sun!'

"Then the bush birds began to sing the song of the morning, and from alders the Robins joined, until all live things were awakened by the great music. Where the tall ferns grew, the Doe waked her Fawns, and taught them to do homage to the Great Light. In the creeks, where the water was still and clear, and where throughout the day, like a delicate damaskeen, the shadows of leaves that overhang would lie, the Speckled Trout broke the surface of the pool in his gladness of the coming day. Pine-squirrels chattered gayly, and loudly proclaimed what the wind had told; and all the shadows were preparing for a great journey to the Sand Hills, where the ghost-people dwell.

"Under a great spruce tree - where the ground was soft and dry, OLD-man slept. The joy that thrilled creation disturbed him not, although the Sun was near. The bird-people looked at the sleeper in wonder, but the Pine squirrel climbed the great spruce tree with a pinecone in his mouth. Quickly he ran out on the limb that spread over OLD-man, and dropped the cone on the sleeper's face. Then he scolded OLD-man, saying: 'Get up - get up - lazy one - lazy one - get up - get up.'

"Rubbing his eyes in anger, OLD-man sat up and saw the Sun coming - his hunting leggings slipping through the thickets - setting them afire, till all the Deer and Elk ran out and sought new places to hide.

"'Ho, Sun!' called OLD-man, 'those are mighty leggings you wear. No wonder you are a great hunter. Your leggings set fire to all the thickets, and by the light you can easily see the Deer and Elk; they cannot hide. Ho! Give them to me and I shall then be the great hunter and never be hungry.' "'Good,' said the Sun, 'take them, and let me see you wear my leggings.'

"OLD-man was glad in his heart, for he was lazy, and now he thought he could kill the game without much work, and that he could be a great hunter - as great as the Sun. He put on the leggings and at once began to hunt the thickets, for he was hungry. Very soon the leggings began to burn his legs. The faster he travelled the hotter they grew, until in pain he cried out to the Sun to come and take back his leggings; but the Sun would not hear him. On and on OLD-man ran. Faster and faster he flew through the country, setting fire to the brush and grass as he passed. Finally he came to a great river, and jumped in. Sizzzzzzz - the water said, when OLD-man's legs touched it. It cried out, as it does when it is sprinkled upon hot stones in the sweat-lodge, for the leggings were very hot. But standing in the cool water OLD-man took off the leggings and threw them out upon the shore, where the Sun found them later in the day.

"The Sun's clothes were too big for OLD-man, and his work too great." "We should never ask to do the things which Manitou did not intend us to do. If we keep this always in mind we shall never get into trouble.

"Be yourselves always. That is what Mantou intended. Never blame the Wolf for what he does. He was made to do such things. Now I want you to go to your fathers' lodges and sleep. Tomorrow night I will tell you why there are so many snakes in the world. Ho!"

Patient Registration

The new fiscal year begins October 1, 2011. All clients need to come in and update paperwork. Required documents include: current proof of income, insurance cards, and enrollment or descendency documentation from the tribe.

ALL paperwork must be complete before receiving ANY services.

Any questions may be directed to Angela Longfox at 782-0461.

NAIA Princess Update

Andee Waldie is the 2010-2011 North American Indian Alliance Pow Wow Princess. She has attended several pow wows this past summer which include the Eastern Shoshone Indian Days held in Ft. Washakie, WY; North American Indian Days held in Browning, MT; Milk River Indian Days held in Ft. Belknap, MT; the Shoshone-Bannock Indian Festival held in Ft. Hall, ID; and Crow Fair held in Crow Agency, MT.



Andee has enjoyed her time as NAIA princess and has attended several pow wows she has never been to. She has had the opportunity to meet new friends and travel to new places. It has been an honor for her to represent her community.

Andee will be passing her crown on at the upcoming **North American Indian Alliance's 37th Annual Pow Wow to be held September 9th and 10th at the Butte Civic Center.** Andee will be sponsoring a Junior Girls \$500.00 Special and all girls aged 7 – 12 are welcome to participate. She would like to invite all our Native community to come to the pow wow and enjoy the singing, dancing, food and company. She encourages everyone to come visit with old friends and possibly make some new friends.

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

