

APRIL 2018 HIA Newsletter

A.C.T. Prime for Life

Schedule

Thursday/Friday

April 5th & 6th

9:00am to 3:30pm

Saturdays

April 14th & 21st

8:00am to 2:00pm

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Go to our website www.helenaindianalliance.com "Prime for Life" tab, or call 442-9244 ext. 103 Tashina for additional information.

The website provides more detailed information, but you cannot register online. You can register in person at HIA during regular business hours.

Please be aware we do not offer refunds. When you register, be sure that you will be able to attend all Prime for Life classes, complete payment in-full, and attend your Exit Assessment appointment.

HIA'S CURRENT BOARD MEMBERS

Michael Touchette, Chair

Sandra Sacry, Vice Chair

Roger Renville, Secretary

Jason Smith, Treasurer

William Felton, Board Member

Carol McMaster, Board Member

Duran Caferro, Board Member

Roberta TwoTeeth Warren, Board Member

Don't forget to join the Board @ the Big Sky Meetings which are held the second Wednesday of every month with a board meeting to follow. Dinner is served at every meeting and begins at 5:30pm.

The next Big Sky Meeting will be held April 11th, 2018!

APRIL 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 AA 9am Easter April Fools Day	2 Diabetes Education from 1:00-3:00 pm (by appointment) Walk-in Clinic	3 Diabetes Clinic 9am-3pm Walk-in Clinic 9am-3pm	4 Anger Mgmt. 5:00-6:30pm Indian Taco Sale	5 PFL 9-3:30	6 PFL 9-3:30	7 Passover Ends
8 AA 9am	9 Diabetes Education from 1:00-3:00 pm (by appointment) Walk-in Clinic	10 Diabetes Clinic 9am-3pm Walk-in Clinic 9am-3pm	11 Anger Mgmt. 5:00-6:30pm Big Sky Meeting 5:30pm Board Meeting After Indian Taco Sale	12	13	14 PFL 8-2
15 AA 9am	16 Diabetes Education from 1:00-3:00 pm (by appointment) Walk-in Clinic	17 Diabetes Clinic 9am-3pm Walk-in Clinic 9am-3pm	18 Anger Mgmt. 5:00-6:30pm Indian Taco Sale	19	20	21 PFL 8-2
22 AA 9am Earth Day	23 Diabetes Education from 1:00-3:00 pm (by appointment) Walk-in Clinic 8:30am - 3:00pm	24 Diabetes Clinic 9am-3pm Walk-in Clinic 9am-3pm	25 Anger Mgmt. 5:00-6:30pm Indian Taco Sale	26	27	28
29 AA 9am	30 Diabetes Education from 1:00-3:00 pm (by appointment) Walk-in Clinic					

REMINDERS

CLINIC:

Effective immediately, do not call the clinic for medication refills. If you need a refill call your pharmacy. If there are no refills left, the pharmacy faxes a request to the medical provider who will take care of these at the end of the work day.

If a provider calls in a refill it can take 24 to 48 hours for that request to go through. You need to plan accordingly. When you notice you are getting low, do not wait for the last minute, or last pill. If you call on a Friday afternoon that medication may not be renewed until Monday.

During clinic hours we will not interrupt a scheduled appointment for refills or requests to talk to a provider. At any time you may ask to talk to a nurse.

Starting January 15th, there will be walk in clinic for LAC referrals as well as established patients on Monday from 8:30 am to 4:00 pm. and Tuesdays, from 9:00 am to 4:00 pm. Please stop by the Administration office before going to the clinic.



INDIAN TACO SALES

Indian Taco 's are available for purchase in the Helena Indian Alliance Gymnasium every Wednesday from 11am to 1pm!

Reminders Continued

ATTENTION!

“Smoking is prohibited in all of the enclosed areas within the HIA/LPC worksites, without exception. This includes common work areas, conference and meeting rooms, private offices, hallways, break rooms, stairs, restrooms; employer owned or leased vehicles, and all other enclosed facilities. The ONLY designated smoking area in HIA/LPC is outdoors, at least 25 feet away from the building, Including all building entrances and sidewalks adjacent to building. No one may smoke along the pathway or walk way leading to or from the designated smoking area, nor may employees or patients smoke at the picnic tables or outdoors in any of the grassy areas or the parking lots.”

As stated in the HIA policy handbook under HIA tobacco policy.

Please do not dispose of cigarette butts or ashes in any indoor garbage, there is a cigarette butt container by the front entrance for disposal.

Thank You,
Helena Indian Alliance Staff

Our crisis line is now available 24/7 for mental health emergencies.

406-459-4204



AFTER SCHOOL YOUTH PROGRAM

The program is open to K-12 youth, native and non-native. Youth meet every Tuesday, Wednesday, and Thursday from 3:30pm to 5:30pm at the Helena Indian Alliance for sports, exercise, field trips, art, culture, music, healthy habits, community services, etc.

Stop by the HIA for an application or download it from our website.

helenaindianalliance.com

Click on "Youth Program"

Helena Indian Alliance

501 Euclid Ave. Helena, MT 59601

For Questions Please Contact Samantha at 406-442-9244 Ext. 132

S P R I N G



HIA has a 'kiosk' set up for those who are interested in Montana United Indian Association (MUIA) services. Applications are available in the administration office.

Must be enrolled in a federally qualified tribe or descendant of a tribe, 18 years or older. For more information please call 406-442-9244 ext. 103.

Check out MUIA on Facebook and the website www.MUIA74.com for more information.

COLLEGE STUDENTS MAKE SURE TO COME CHECK US OUT
AND SEE IF YOU QUALIFY FOR A BOOK REIMBURSEMENT!

Montana Word Search



ALBERTA	MOUNTAIN RANGES	WYOMING
HELENA	WESTERN	GLACIER NATIONAL
SASKATCHEWAN	BILLINGS	ROCKY MOUNTAINS
BATTLE OF LITTLE BIG	NORTH DAKOTA	YELLOWSTONE ALBERTA
IDAHO	WHEAT FARMING	HELENA
SOUTH DAKOTA	BRITISH COLUMBIA	SASKATCHEWAN
BIG SKY COUNTRY	RANCHING	BATTLE OF LITTLE BIG

Diabetes Clinic (every Tuesday from 9:00am to 3:00 pm)

- 1.) Call clinic at 406-449-5796 ext. 101 to schedule your diabetes clinic appointment.
- 2.) They will schedule a nurse visit appointment at that time for you to come in one week before your diabetes appointment to get your FASTING blood work drawn. Please remember to drink LOTS of water before your blood draw.

IMPORTANT: Please remember to bring ALL your prescription and over-the-counter medications/supplements to your Diabetes Clinic appointment.
Thank you!

Blood Pressure



HIGH BLOOD PRESSURE is called “THE SILENT KILLER”

WHAT IS BLOOD PRESSURE? It is the force of blood against your artery walls as it circulates through your body. If it stays high for a long time, it can lead to heart disease, stroke, or kidney problems.

WARNING SIGNS? High blood pressure usually has no warning signs or symptoms, so many people don't realize they have it. Some may report headaches, nose bleeds, fatigue, blurred vision or shortness of breath.

ARE YOU AT RISK? One in three American adults has high blood pressure – that's an estimated 67 million people. Anyone, including children, can develop it.

WHAT ARE THE RISK FACTORS?

Factors that you CANNOT control: Your age, sex, race or ethnicity.

Factors you CAN control: Eating a healthy diet and maintaining a healthy weight, not smoking, being physically inactive.

If you have high blood pressure, your doctor may prescribe medications to treat it. Lifestyle changes, such as the ones listed above, can be just as important as taking medicine.

WHAT IS A HEALTHLY BLOOD PRESSURE?

Diagnosis	Systolic (top)	Diastolic (bottom)
Normal	<120	<80
Prehypertension	120-139	80-89
Stage 1 Hypertension	140-159	90-99
Stage 2 Hypertension	>160	>100
Hypertensive Emergency	>180	>120

WHAT CAN I DO TO PREVENT HIGH BLOOD PRESSURE?

Get your blood pressure checked regularly

Eat a healthy diet

Maintain a healthy weight

Be physically active

Limit alcohol use

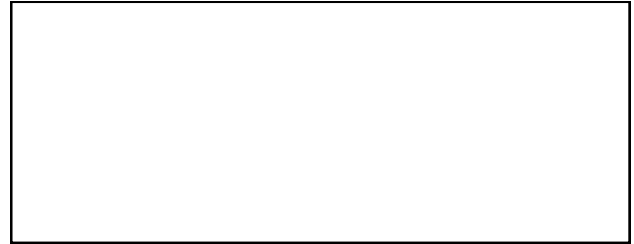
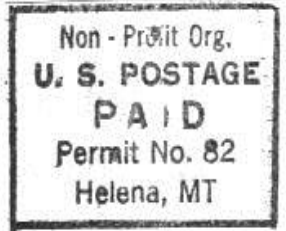
Don't smoke

Prevent or manage diabetes

https://www.cdc.gov/bloodpressure/docs/ConsumerEd_HBP.pdf



501 Euclid Ave. Helena, MT 59601
www.helenaindianalliance.com



Big Sky Meeting will be held April 11th, 2018 @ 5:30 pm

This meeting will be Pasta Night! Make sure to bring your favorite pasta dish!
Shrimp Scampi Alfredo, Macaroni, Alfredo, Spaghetti, Lasagna, Pasta Salad, etc.
The best dish will take home a \$50 Gift card!

Board meeting will start shortly after.