

# August 2018 HIA Newsletter

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Go to our website [www.helenaindianalliance.com](http://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.

## PRIME FOR LIFE SCHEDULE

**Sat/Sun 8am to 2pm**  
August 11th & 12th

**Thur/Fri 9am to 3:30pm**  
August 23rd & 24th

INDIAN TACO'S ARE  
AVAILABLE FOR  
PURCHASE IN THE  
HELENA INDIAN  
ALLIANCE GYMNASIUM  
EVERY WEDNESDAY  
FROM 11AM TO 1PM

## New Employee Bio

Hello, my name is Katie Benevides Saddler I was raised in Helena Mt and have lived here for 29 years. My husband and I have three beautiful girls, and we are all very active in the community whether its cheer, dance, pow wows, or service work we are always busy doing something. I just recently received my certification through NHA as a Certified Clinical Medical Assistant and a Certified Phlebotomist. Ever since high school I have been working in the medical field helping others. I enjoy helping others very much and it has been my passion since a child to help others, I am doing the job I have always wanted to do and I love it here at Leo Pocha Clinic. I look forward to the future and working with all of you and meeting those I have not met yet.

## CLINIC REMINDER:

LEO POCHA CLINIC/HELENA INDIAN ALLIANCE WILL BE CLOSED FOR CLINIC REMODELING FROM August 30, 2018 through September 5, 2018. Make sure you have enough medication. If not, have the pharmacy fax a refill request to the clinic prior to August 30.

# AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Anger mgmt. 5:00-6:30pm <b>Indian Taco Sale</b>	<b>2</b> Women's Talking Circle 6pm-7pm	<b>3</b>	<b>4</b> <i>HIA Annual Summer Picnic 1-4 @ Centennial Park</i>
<b>5</b> AA 10am	<b>6</b> Walk-in Clinic 8:30am - 3:00pm	<b>7</b> Diabetes Clinic 3pm-5pm Walk-in Clinic 9am-3pm	<b>8</b> Anger Mgmt. 5:00-6:30pm <b>Indian Taco Sale</b> Board Meeting @ 5:30	<b>9</b> Women's Talking Circle 6pm-7pm	<b>10</b>	<b>11</b> PFL 8-2
<b>12</b> AA 10am	<b>13</b> Walk-in Clinic 8:30am - 3:00pm	<b>14</b> Diabetes Clinic 3pm-5pm Walk-in Clinic 9am-3pm	<b>15</b> Anger mgmt. 5:00-6:30pm <b>Indian Taco Sale</b>	<b>16</b> Women's Talking Circle 6pm-7pm	<b>17</b> <i>Access To Success Begins</i>	<b>18</b>
<b>19</b> AA 10am	<b>20</b> Walk-in Clinic 8:30am - 3:00pm	<b>21</b> Diabetes Clinic 3pm-5pm Walk-in Clinic 9am-3pm	<b>22</b> Anger Mgmt. 5:00-6:30pm <b>Indian Taco Sale</b>	<b>23</b> PFL 9-3:30 Women's Talking Circle 6pm-7pm	<b>24</b> PFL 9-3:30	<b>25</b>
<b>26</b> AA 10am	<b>27</b> Walk-in Clinic 8:30am - 3:00pm Helena College Begins	<b>28</b> Diabetes Clinic 3pm-5pm Walk-in Clinic 9am-3pm	<b>29</b> <i>First Day of School for Helena Public Schools</i>	<b>30</b> HIA/Leo Pocha CLOSED for Remodel	<b>31</b> HIA/Leo Pocha CLOSED for Remodel	

## ***Helping People Live Life with Diabetes***

August 2018

Sometimes our life experiences bring us happiness and sometimes our life experiences are challenging or can even feel overwhelming. One of life's challenges may be living with a health problem like diabetes. We are each unique and your diabetes plan should be designed just for you to live your life doing the things you need and want to do.

Managing diabetes has ups and downs which is normal! It is important for you to have people who support you like family, friends, as well as a diabetes educator and a medical provider.

Jan Campana, APRN, and Kristel Kishbaugh, Diabetes Educator, help people living with diabetes. Our hope is that everyone living with diabetes who comes to the Leo Pocha Clinic will feel comfortable as we all work together to help you.

If you are a person living with diabetes who has not had an appointment in over 3 months, please call the clinic at 449-5796 to schedule an appointment.

We look forward to visiting with you!

*Jan Campana*, MSN, APRN  
Diabetes Nurse Practitioner

*Kristel Kishbaugh*, MSN, RN  
RN Diabetes Program Manager



*If “I start believing I can-then my behaviors and beliefs are eventually going to follow that. If I believe I can’t, then my behaviors and beliefs will follow that.”*

-Dr. Darryl Tonemah, IHS DDTP Consultant  
(Indian Health Service, Division of Diabetes Treatment and Prevention).

## Commercial tobacco

“Commercial tobacco is used recreationally, Individually and habitually. For too long, Big Tobacco has exploited our people, manipulated our practices and profited from our addictions.”

-Rick Wolfname, Northern Cheyenne TPS

- Inhaled
- Not sacred
- Easy
- Fast, greedy
- For profit
- Addictive
- Processed
- Disrespectful to others
- Consumptive
- Disease inducing
- Habitual
- Recreational
- Casual

# VS.

## Traditional tobacco

“Honoring the traditional way of life means saying, ‘thank you’ to Creator. Traditional tobacco is offered to the earth for survival of the people and as a gift of honor to show respect for good deeds. Our children learn what is modeled in the home.”

-Diana Bird, Blackfeet elder

- Not inhaled
- Sacred, ceremonial
- Scarce, blessing
- Simple, humble
- Social, binding of contracts
- Not addictive
- Natural
- Used in respectful manner
- Deliberate, thoughtful
- Generosity, reciprocity, gift
- Intentional in moderation
- Curative, medicinal
- Prayerful



**July 2018**

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**August 2018**

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	(27)	(28)	29	30	31	

**September 2018**

S	M	T	W	T	F	S
						1
2	(3)	4	5	6	7	8
9	(10)	11	12	13	14	15
16	(17)	18	19	20	21	22
23	(24)	25	26	27	28	29
30						

**October 2018**

S	M	T	W	T	F	S
	(1)	2	3	4	5	6
7	(8)	9	10	11	12	13
14	(15)	16	17	(18)	(19)	20
21	(22)	23	24	25	26	27
28	(29)	30	31			

**November 2018**

S	M	T	W	T	F	S
				1	2	3
4	(5)	6	7	8	9	10
11	(12)	13	14	15	16	17
18	(19)	20	(21)	(22)	(23)	24
25	(26)	27	28	29	30	

**December 2018**

S	M	T	W	T	F	S
						1
2	(3)	4	5	6	7	8
9	(10)	11	12	13	14	15
16	(17)	18	19	20	21	22
23	(24)	(25)	(26)	(27)	(28)	29
30	(31)					

## Holiday and Student Dismissal Dates

- August 27 & 28..... Staff Orientation
- August 29..... First Day of School  
Grades 1-5, Grade 6 CRA & HMS, Grades 9-12 PAL, Grade 9 CHS & HHS
- August 30..... First Day of School  
Grades 7-8 CRA & HMS, Grades 10-12 CHS & HHS
- September 3..... Labor Day - No School - District Closed
- September 4..... First Day of School for Kindergarten
- October 18 & 19... State Conventions - No School
- November 5..... 2nd Quarter Begins
- November 21-23 ..... Thanksgiving Break - No School
- November 22 & 23..... District Closed
- December 24 - January 1..... Winter Break - No School
- December 25, 26 & January 1..... District Closed
- January 15-17..... High School Semester Testing
- January 17..... K-8 12:00 p.m. Early Dismissal
- January 18..... HS Staff in Service Records Day, No School K-12
- January 21..... Martin Luther King Day - No School
- January 22..... 3rd Quarter Begins
- February 18..... President's Day - No School - District Closed
- March 25-29..... Spring Break - No School
- April 1..... 4th Quarter Begins
- May 3..... Vigilante Parade - No School Grades 9-12/11:00 a.m. Dismissal K-8
- May 27..... Memorial Day - No School - District Closed
- June 1..... High School Graduation
- June 4-6..... High School Semester Testing
- June 6..... Last Day & 12:00 p.m. Early Dismissal Students K-8  
P.M. K-8 Staff Records Day  
Last Day for Staff K-8
- June 6..... Last Day for Students 9-11
- June 7..... High School Staff In-Service-Records Day  
Last Day for Staff 9-12

Every Monday are Professional Release days for Helena School District staff. School will dismiss early. Please see below for your school's Professional Release schedule.

- \*Elementary: 8:30 a.m. - 2:30 p.m.
- \*Middle School: 8:05 a.m. - 2:15 p.m.
- \*High School: 8:20 a.m. - 2:30 p.m.

**\*\*Buses will run according to the above schedule on Mondays.**

- Holiday/Break - No School - All Grades
- Staff Orientation
- Last Day of School 9-11 Students
- High School Semester Testing
- Early Dismissal Students K-8 Records Day
- HS Staff in-service- records day - No School K-12
- Vigilante Day - K-8 released 11:00 a.m./High School -No School

**January 2019**

S	M	T	W	T	F	S
		(1)	2	3	4	5
6	(7)	8	9	10	11	12
13	(14)	15	16	(17)	(18)	19
20	(21)	22	23	24	25	26
27	(28)	29	30	31		

**February 2019**

S	M	T	W	T	F	S
					1	2
3	(4)	5	6	7	8	9
10	(11)	12	13	14	15	16
17	(18)	19	20	21	22	23
24	(25)	26	27	28		

**March 2019**

S	M	T	W	T	F	S
					1	2
3	(4)	5	6	7	8	9
10	(11)	12	13	14	15	16
17	(18)	19	20	21	22	23
24	(25)	(26)	(27)	(28)	(29)	30
31						

**April 2019**

S	M	T	W	T	F	S
	(1)	2	3	4	5	6
7	(8)	9	10	11	12	13
14	(15)	16	17	18	19	20
21	(22)	23	24	25	26	27
28	(29)	30				

**May 2019**

S	M	T	W	T	F	S
				1	2	(3)
4	(5)	6	7	8	9	10
11	(12)	13	14	15	16	17
18	(19)	20	21	22	23	24
25	(26)	27	28	29	30	31

**June 2019**

S	M	T	W	T	F	S
						1
2	(3)	4	5	(6)	(7)	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

**Board Approval:**  
March 13, 2018

# HIA Annual Summer Picnic

Saturday August 4th, 2018

Centennial Park

Behind the YMCA

1:00pm to 4:00pm

This is a community event and everyone is welcome.

Food, Refreshments, Volleyball, Native American  
Traditional Games & Door Prizes!

\*\* Centennial Park also has rock climbing, a bike park, dog  
park, skate park, volleyball nets and a playground, so bring  
the kiddos and the dogs!\*\*

This event is potluck style so make sure to bring a dish  
such as salad, chips, cut fruit, a dessert, etc.

For additional information call 406-442-9244  
ext. 103 Tashina or ext. 115 Venessa



# Women's Talking Circle

There will be an informal gathering every  
Thursday from 6pm to 7pm

Located in Classroom 1  
@ The Helena Indian Alliance  
501 Euclid Ave  
(Also known as the Old Prime for Life Room  
On the Administrative Wing)

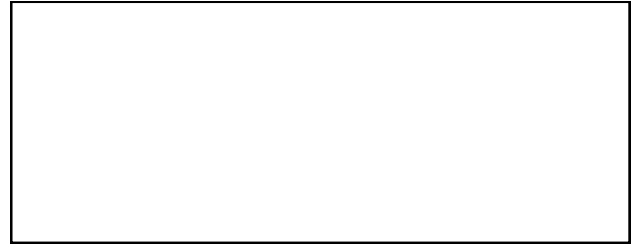


Please Email Linda @ [LKinsey@mt.gov](mailto:LKinsey@mt.gov)





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



**Reminder: There is no Big Sky Meeting for August. They will resume in September.**

**Board meetings will still take place in the regular location at 5:30pm.**

**The next Board meeting is  
scheduled for  
August 8th, 2018**