

January 2019 HIA Newsletter

Prime for Life Schedule	1
Calendar	2
New Employee Bio	3
Naloxone Training	4
Tobacco Preventions	5
After School Program, Rise and Shine Group & Christmas party Info	6
Parenting Class, USDI, & Boy Scout	7

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

Go to our website www.helenaindianalliance.com

"Prime for Life" tab,

or call 442-9244 ext. 103 Annie 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

January 12th & 13th

Sat- Sun 8-2pm

31st & 1st

Thurs-Fri 9-3



Anger Management
will now be held
Mondays and
Wednesdays
5:00pm-6:30 pm



JANUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 New Years Day HIA Closed	2 Anger Mgmt. 5:00-6:30pm Indian Taco Sale	3 Parenting Class 4pm- 6pm	4 Walk-In Clinic 1pm-3pm	5
6 AA 10am	7 Walk-in Clinic 8:30am - 3:00pm Women's wellness and Anger Management 5pm-6:30pm	8 Walk-in Clinic 9am-3pm	9 Anger Mgmt. 5:00-6:30pm Indian Taco Sale Big Sky Meet-	10 Parenting Class 4pm-6pm	11 Walk-In Clinic 1pm-3pm	12 Prime for Life 9-3
13 AA 10am Prime for Life 9-3	14 Walk-in Clinic 8:30am - 3:00pm Women's wellness and Anger Management 5pm-6:30pm	15 Walk-in Clinic 9am-3pm	16 Anger Mgmt. 5:00-6:30pm Indian Taco Sale	17 Parenting Class 4pm- 6pm	18 Walk-In Clinic 1pm-3pm	19
20 AA 10am	21 MLK DAY HIA CLOSED	22 Walk-in Clinic 9am-3pm	23 Anger Mgmt. 5:00-6:30pm Indian Taco Sale	24	25 Walk-In Clinic 1pm-3pm	26
27 AA 10am	28 Walk-in Clinic 8:30am - 3:00pm Women's wellness and Anger Management 5pm-6:30pm	29 Walk-In Clinic 9am- 3pm	30 Anger Mgmt. 5:00-6:30pm Indian Taco Sale	31 Prime for Life 9-3	1 Prime for Life 9-3	

Helena Indian Alliance Board of Directors

Nominee's

Richard Rutherford Jr.– “I was raised in Helena by my mom and grandmother. I went to Bryant Elementary School and graduated from Helena High in 1985. I joined the Army in 1986. Growing up I spent a lot of time at the old Leo Pocha building with my grandmother. She taught her grand kids to honor our elders and to look after the younger kids. I would like to be on the board to help with decision making for our youth, elders, and women in the Helena community. Growing up in Helena at times was hard as being native was like being a second class citizen and I watched as we young adults were often left out of local functions. I have raised my five children to respect the earth, nature and to honor their elders.



There will be 3 terms expiring in January 2019 for the Helena Indian Alliance Board of Directors. Agenda is as follows:

Annual Elections Meeting Wednesday January 9th, 2019

- 6:00pm– Meal; Director’s Report; Chait’s Address, questions from the community
- 6:20pm– Nominations are open from the floor
- 6:30pm– Nominee speeches (3min.each)
- 6:50pm– Questions to the nominees from the community
- 7:00pm– Elections; introduction of the Election Judge Paulette Dehart; Voting Commences
- 7:15pm– Voting closes; counting begins
- 7:35pm– Election results presented to the community

*Board Meeting will follow after

Duly elected Board members take their oath of office. **PROVIDED THEY ARE BONDABLE.**

*Nomination packets available in admin office. See Annie or Venessa.



SmokeFree Housing Facts: what residents should know before renting.

What renters need to know about secondhand smoke

If you live in an apartment without a smokefree policy, your health is at risk. That's because doors and walls can't stop a neighbors' tobacco smoke from finding its way into your unit. Smoke drifts through ventilation systems, through doorways and windows and even through electrical outlets.

Where there's smoke, there's danger

Secondhand tobacco smoke contains more than 4,000 chemicals, 11 of which are known to cause cancer. In fact; the U.S. Surgeon General has concluded there is no safe level of secondhand smoke exposure.

Exposure to secondhand smoke increases the risk of health problems such as:

Heart disease, heart attacks, and increased heart rate.

Respiratory problems, such as bronchitis and pneumonia.

Burning eyes and throat.

Ear Infections.

Nosebleeds.

Increased blood pressure.

Headaches.

Sudden Infant Death Syndrome (SIDS).

Low birth weight and pre-term babies.

Lung cancer and emphysema.

Smoke knows no boundaries

Air purifiers and ventilations systems can't prevent secondhand smoke from passing into neighboring units. In 2008, the American Society of Heating, Refrigerating & Air Conditioning Engineers stated that "the only means of effectively eliminating health risk associated with indoor exposure is to ban smoking activity."

Protecting your living space

In Montana, most households limit their exposure to secondhand smoke by not permitting smoking inside the home. And the Montana Clean Indoor Air Act, implemented in 2005, protects people from being exposed to secondhand smoke in public places such work places, restaurants and bars.

However, people living in multi-unit housing can't control their exposure if their neighbors are smoking unless the landlord chooses to adopt a smokefree policy for the building.

While only one-in-four Montana renters (26%) are protected by such policies, most renters in the state wish they had this protection. In fact, the 2016 Montana Adult Tobacco Survey found that 78% of renters not currently protected by a smokefree policy would like to see their landlord adopt one.

Finding a smokefree apartment

To protect your health, look for housing that is protected by a smokefree policy. You can find smokefree housing by using the State of Montana's Housing Search website: <http://mthousingsearch.com/>

Click "Find a Place to Rent" under the "Find Housing" section. Search for housing based on your location. Facilities with a no smoking icon next to them have landlords who prefer or require non-smoking tenants. This, however, does not guarantee that the entire building is smoke-free.

Be sure to ask the landlord if you would be protected by a smokefree policy, and how extensive that policy is. Would people be prohibited from smoking in all units, or only some? Will they be allowed to smoke immediately outside your door, allowing smoke to drift into your living space? The policies with the best protection from secondhand smoke prohibit smoking on all parts of the property, indoor and outdoor.

Testimonial

"Exposure of non-smokers to the tobacco smoke of others is a health hazard. That is especially true for children and people with heart and lung disease. Second-hand smoke (smoke that is still in the air) and third-hand smoke (smoke residue on surfaces) contain carcinogens and toxins. Allowing smokers to subject others to these effects against their will denies them a basic right of health and clean air."

Dr. Paul Smith - Pediatric Pulmonologist,
Missoula



AMERICAN INDIAN
Commercial Tobacco Quit Line
1 (855) 372-0037
MTAmericanIndianQuitLine.com

MONTANA TOBACCO
QUIT LINE
1-800-QUIT-NOW

www.QuitNowMontana.com



HELENA INDIAN ALLIANCE

"Keeping Our Community Strong"

Helena Indian Alliance

FREE

After School Program

Open to both Native and Non-Native Youth

WHERE: Helena Indian Alliance
west parking lot entrance.

WHEN: After school

Monday 2:30 to 4:30

Tuesday & Wednesday 3:30 to
5:30

Thursday Youth Council (ages 12 &
up Native only)

September 17, 2018– June 7, 2019

**Activities to include: home-
work help, pottery, exercise,
painting, tie dye, beading,
sewing, traditional games,
and much more!**

The Winners of the Flu Shot Raffle have been drawn!!

First Place for a
\$50 gift card was
Alex Dobbie!

**Second and Third
place** for \$25 gift
cards were ***Candy
VanBlaricom and
Bob Latray!***
Congratulations!

Rise and Shine is a link-up group for people in Helena and surrounding communities looking for things to do that are drug and alcohol free! Our mission is to offer people healthy alternatives while having some good ol' fashioned fun! We partner with various Helena agencies that host our group on a weekly basis.

The Four Main Principles of Rise and Shine:

-Physical Health

-Nutritional Health

-Creative Expressions in Art and Various Forms

-Service Work

Choose
To
Shine

Contact group coordinator for more details: Kessalyn Franklin (406)475-4684 or find us on Facebook: Rise and Shine.

Activities include: Hiking, Kayaking/ Canoeing, Fishing, Snow Shoeing, Cross-Country Skiing, Gym/Cross-Training, Yoga, CrossFit, Pottery, Arts, Game Nights, Cooking and Meal Prep, Health Talks and Educational Sessions, Service Work, and Volunteer Work.

Community Partners: Capital City Health Club, Stonetree Climbing Center, Lewis & Clark Humane Society, and CrossFit Helena



Thank you to all that attended and helped out with HIA's annual Christmas party! We had a ticket count of 292.

We would like to thank the generous people and businesses in our community who donated:

Toys for Tots

Salvation Army

St. Paul's United Methodist Church/ The Giving Tree

First Interstate Bank

Power Townsend

Lehrkind's Coca-Cola

VFW Post 10010

Julie Clay

United Methodist Women

Costco

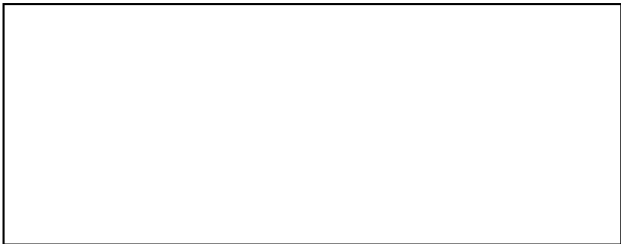
Tim Broadbrooks, Santa

HIA would also like to give a special thanks to the family of the late Michael Wells who's very generous donation went to the children in attendance of the Christmas Party in his honor.





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



**Big Sky Meeting will be held
January 9th, 2019 @ 5:30 pm**

~Board Elections will be held this evening~

**Make sure to bring your favorite Crockpot dish for the crock-
pot contest!**

Winner will take home a \$50 gift card!