

# July 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.

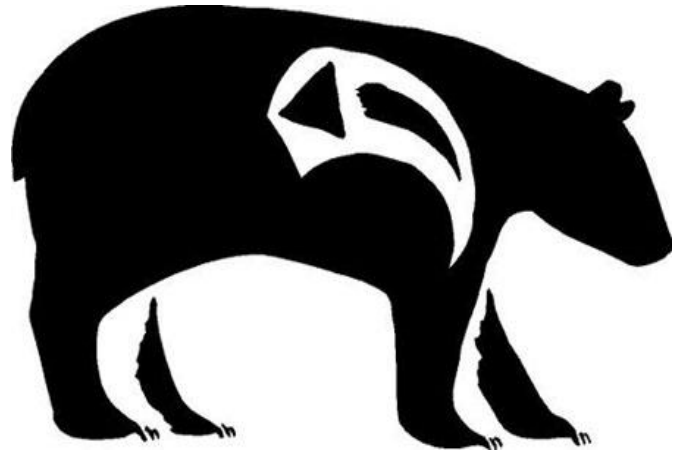
## **Fry Bread Recipe**

- 1 cup vegetable oil for frying, or as needed
- 1 cup unbleached flour
- 1 teaspoon baking powder
- 1 teaspoon powdered milk
- 1/4 teaspoon salt
- 1/2 cup water

Heat oil in a heavy skillet

Sift flour, baking powder, powdered milk, and salt together in a large bowl. Pour water over flour mixture and stir until a sticky dough forms. Form dough into a ball using floured hands. Fry the dough in the hot oil until browned, 3 to 4 minutes per side.

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




## **CLINIC REMINDER:**

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.

# JULY

M T W T F S S M T W T F S S M T W T F S S M T W  
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

Sun Mon Tue Wed Thu Fri Sat

<p>1 PFL 8-2 AA 10am</p>	<p>2 Diabetes Education from 1:00-3:00 pm (by appointment) Walk-in Clinic 8:30am - 3:00pm</p>	<p>3 Diabetes Clinic 9am-3pm Walk-in Clinic 9am-3pm</p>	<p>4 HIA Closed Independence Day</p>	<p>5 HIA Closed</p>	<p>6</p>	<p>7</p>
<p>8 AA 10am</p>	<p>9 Diabetes Education from 1:00-3:00 pm (by appointment) Walk-in Clinic 8:30am - 3:00pm</p>	<p>10 Diabetes Clinic 9am-3pm Walk-in Clinic 9am-3pm</p>	<p>11 Anger Mgmt. 5:00-6:30pm Indian Taco Sale Board Meeting @ 5:30</p>	<p>12 PFL 9-3:30 Women's Talking Circle 6pm-7pm</p>	<p>13 PFL 9-3:30</p>	<p>14</p>
<p>15 AA 10am</p>	<p>16 Diabetes Education from 1:00-3:00 pm (by appointment) Walk-in Clinic 8:30am - 3:00pm</p>	<p>17 Diabetes Clinic 9am-3pm Walk-in Clinic 9am-3pm</p>	<p>18 Anger mgmt. 5:00-6:30pm Indian Taco Sale</p>	<p>19 Women's Talking Circle 6pm-7pm</p>	<p>20</p>	<p>21</p>
<p>22 AA 10am</p>	<p>23 Diabetes Education from 1:00-3:00 pm (by appointment) Walk-in Clinic 8:30am - 3:00pm</p>	<p>24 Diabetes Clinic 9am-3pm Walk-in Clinic 9am-3pm</p>	<p>25 Anger Mgmt. 5:00-6:30pm Indian Taco Sale</p>	<p>26 Women's Talking Circle 6pm-7pm</p>	<p>27</p>	<p>28 PFL 8-2</p>
<p>29 AA 10am PFL 8-2</p>	<p>30 Diabetes Education from 1:00-3:00 pm (by appointment) Walk-in Clinic 8:30am - 3:00pm</p>	<p>31 Diabetes Clinic 9am-3pm Walk-in Clinic 9am-3pm</p>				



## Helena Indian Alliance / Leo Pocha Memorial Clinic

501 Euclid Avenue, Helena, MT 59601 ♦ 406-449-5796 ♦ 406-449-5371

Dear Parents & Guardians,

I'm excited that you are interested in sending your child to our summer program! I recently finished the after-school program here at HIA with many of your children and I look forward to making this summer more structured while engaging the kids with different activities both cultural and non-cultural.

Due to the high response to our program we have decided to break the age groups up. The summer program will start June 18<sup>th</sup>.

- Monday's and Wednesday's will be for children Kindergarten age - 11 years old.
- Tuesday's and Thursdays will be for ages 12 & up.

If you have a child age 12 or older who would like to take part in mentoring our younger youth they are welcome to attend all four days of group. Group drop off is at 1pm. The youth center is located in the west side parking lot of HIA. **Pick up will be at 4pm in the same spot. No group for any ages on Fridays.**

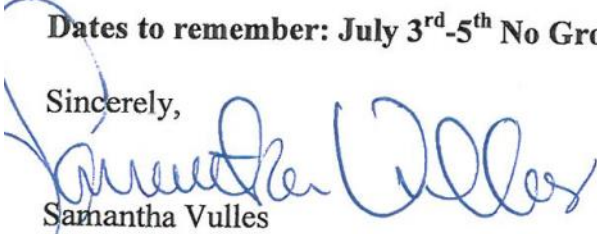
I have attached the first half of our summer calendar. Each day is labeled by age group along with the **"highlighted activity"** for that day.

Please communicate with your children about the highlighted activities we are offering. If there isn't an interest for a particular activity, please do not send them that day because staff will be focused on the planned activity and there will be no alternative activities available. I will have the second half of the summer schedule available to you by **July 16<sup>th</sup>**. Age groups and days will remain the same. The only expected changes will be activities offered. I have also attached registration, releases, and rule/expectation pages for you and your child/children to sign. I look forward to working with your family in creating a fun summer break for our youth.

At any time, I can be reached at the office 406-442-9244 ext.130, cell 406-273-8120, or email [svulles@helenaindianalliance.com](mailto:svulles@helenaindianalliance.com). If you have any concerns or ideas to share, please feel free to contact me. I will do my best to accommodate all needs and concerns.

**Dates to remember: July 3<sup>rd</sup>-5<sup>th</sup> No Group any age due to the Holiday!**

Sincerely,

  
Samantha Vulles  
Youth Coordinator  
Helena Indian Alliance  
501 Euclid Ave  
Helena, MT 59601

To register please come down to the Helena Indian Alliance business office or walk in during program hours!

# \*\*\*Summer Youth\*\*\*

## \*\*\*Program Schedule\*\*\*

# July

**2<sup>st</sup>** k-11years old

Starting clay projects with information/ stories of the Pueblo Natives.

**3<sup>rd</sup>-5<sup>th</sup>** Happy Fourth of July No group rest of week!

**9<sup>th</sup>** k-11years old.

Picnic in the park. At the fairgrounds. (feeding ducks and playing on equipment)

**10<sup>th</sup>** Youth 12 and up.

Traditional games

**11<sup>th</sup>** k-11years old

Yoga/finishing up all prior crafts.

**12<sup>th</sup>** Youth 12 and up.

Meal prep for family night and shopping. Dinner served to all age groups family members at 5pm. Traditional game to follow.

**16<sup>th</sup>** k-11years old.

Therapy dogs/ starting dream catchers.

Second schedule will be released at family night.

Reminder will be sent home for family night week prior.

- All group days will have opportunity for free play at the end of the day! We have worked hard to build modern fun games for the youth to enjoy. Examples: Video games, game tables, board games, educational learning games, and computer design and more.



## HIA WELCOMED 2 NEW STAFF MEMBERS!

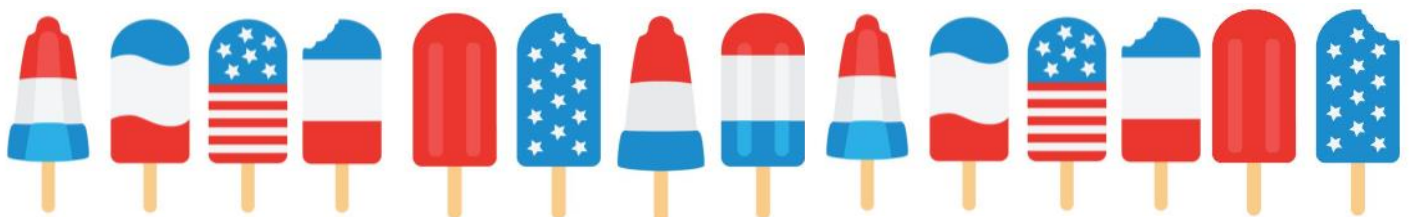
My name is Kristel Kishbaugh and I have been the RN Diabetes Program Manager for a month now at HIA! I have enjoyed getting to know the patients and staff. My family and I moved from Arizona to the Helena area about 2 1/2 years ago. When people find out I am from Arizona, I usually get asked how I like the winters here. My answer is "I love it!". I spent some years in the Arizona mountains but many years in the Arizona desert heat so I am enjoying the cool Montana air, rain, snow, and big blue sky! My husband and I together have 9 children with 2 boys at home and 11 grandchildren-soon to be 13. Some things I enjoy are traveling, sewing, making handmade crafts, learning, reading, and the outdoors. I have been a registered nurse for ten years in a variety of areas including medical/surgical, emergency, and most recently at a family practice clinic in Helena. Throughout my nursing career, I have had the desire to help and support those living with diabetes and now I get to do just that!

Hello HIA family,

My name is Tomiko Cook, I am the new mental health LCPC intern here at the Helena Indian Alliance. It's an honor to get to join this incredible team and have the opportunity to work with you all. I am currently a graduate student in the clinical mental health counseling program at the University of Montana and am doing my internship here in Helena. I have worked in mental health for years and am passionate about viewing clients in a holistic way that incorporates their whole being including culture, values, strengths, and hope. I hope my time here allows for us all to grow together and learn from one another.

I look forward to meeting you!

-Tomiko



# 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)

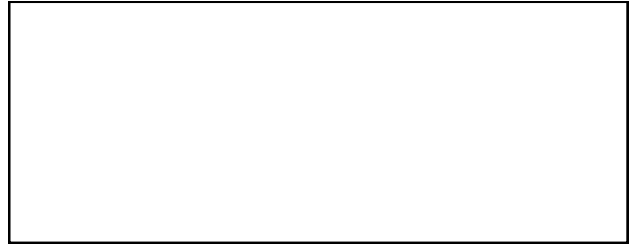


Please Email Linda @ [LKinsey@mt.gov](mailto:LKinsey@mt.gov)





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



**Reminder: There is no Big Sky Meeting for July or August.**

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

**The next Board meeting is scheduled for July 11, 2018.**

