

Women's Wellness Fair

Hosted by Helena Indian Alliance
& Leo Pocha Clinic

Come join us on

June 8th, 2017

11:00am—2:00pm

501 Euclid Ave.

Helena, Montana

OPEN AND FREE TO THE
PUBLIC

There will be informational
booths set up from local health
and wellness organizations.

No charge for vendor space.
Donations are appreciated.

(406) 442-9244 ext. 103 or ext.
115

Free screenings! Chances to win
prizes!

A.C.T. Prime for Life schedule

Saturdays

7/8/17

7/15/17

Thurs/Fri

7/27/17

7/28/17

Go to our website

www.helenaindianalliance.com "Prime for
Life" tab, or call 442-9244 ext. 115 Jessica or
ext. 103 Venessa 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	1
Calendar	2
Chrissy's Corner	3
HIA Welcomes	4
HIA Youth program	5
HIA Tobacco program	6
Affordable Care Act	7

June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 AA 10am	5 Diabetes Education from 1:00-3:00 pm (by appointment) Walk-in Clinic 8:30-9:30 am	6 Diabetes Clinic 9am-3pm	7 Anger Mgmt 5:00-6:30 pm	8 Women's Wellness Fair 11am-2pm	9	10
11 AA 10am	12 Diabetes Education from 1:00-3:00 pm (by appointment) Walk-in Clinic 8:30-9:30 am	13 Diabetes Clinic 9am-3pm	14 No Big Sky Meeting Board Meeting 5:00-6:30 Anger Mgmt 5:00-6:30 pm	15 Walk-in Blood Pressure Screening 8:30-12:00	16	17
18 AA 10am	19 Diabetes Education from 1:00-3:00 pm (by appointment) Walk-in Clinic 8:30-9:30 am	20 Diabetes Clinic 9am-3pm	21 Anger Mgmt 5:00-6:30 pm	22	23	24
25 AA 10am	26 Diabetes Education from 1:00-3:00 pm (by appointment) Walk-in Clinic 8:30-9:30 am	27 Diabetes Clinic 9am-3pm	28 Anger Mgmt 5:00-6:30 pm	29	30	



~~ Chrissy's Corner ~~

Are you at risk for Type 2 Diabetes?

FAST FACTS

- About **29 million** children and adults have diabetes.
- **8.1 million** Americans have diabetes, **but have not been diagnosed**. That's scary!
- **86 million** Americans aged 20 years or older have **pre-diabetes**.

Nearly 90% of people with prediabetes don't know they have it

WHAT IS PRE-DIABETES?

- Pre-diabetes means your blood sugar levels are higher than normal but not enough to be called Diabetes. You usually have **NO SYMPTOMS** to alert you except one –
ACANTHOSIS NIGRICANS (a-CAN-tho-sis ni-GRI-cans).
 - It means skin changes. The skin looks velvety and darkened, usually on the neck, underarms and other skin folds. (I have brochures in the clinic if you want to see what this looks like).
- **The only way to know if you have pre-diabetes is to get a blood sugar test done**. You will know in minutes! Then we can help you.

SIGNS AND SYMPTOMS of DIABETES

- **Urinating** often - even getting up at night a few times to use the bathroom.
- Feeling very **thirsty** - and not being able to quench your thirst.
- Feeling very **hungry** - even though you are eating.
- Extreme **fatigue** (tired all the time) - even if you are sleeping well at night.
- **Blurry vision**

Sometimes the symptoms of diabetes are so mild that you don't notice them. The only way to know is to get your blood sugar checked.

Please Call and Schedule Your Blood Sugar Screening

(406)442-9244 ext. 108

Diabetes Clinic (every Tuesday from 9:00 am 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.

Living in Two Worlds

***Native American Teens Against Tobacco
Annual Gathering of American Indian Youth Camp
June 26-29, 2017
Billings, MT
For Teens Ages 12 and up***

PLEASE CONTACT QUINCY FOR AN APPLICATION AND MORE INFORMATION

(406)442-9244 EXT. 107 OR BY EMAIL QBJORNBERG@HELENAINDIANALLIANCE.COM

Spots are limited

We are happy to announce our annual American Indian Youth Camp to be held June 26-29, 2017 at Rocky Mountain College in Billings, MT (Crow Tribe –Hosting). This is our ninth annual gathering of American Indian youth coming together from across the state of Montana to share stories, success, friendship, and community connection.

The youth gather for four days of learning, diversity, cultural exchange, community leadership and fun. The youth follow much of the Best Practice “Gathering of Native Americans” curriculum of belonging, mastery, interdependence and generosity and participate in hosting tribe’s unique stories, prayers, and protocols. Native Games, swimming, nature hikes and crafts will also be offered.

Students will gain awareness and understanding of commercial tobacco, community dynamics, and self-empowerment. They leave with skills and resources to become agents of change and future leaders in their respective reservation/urban communities.





Medicaid Expansion has Indian Country Covered

Comprehensive coverage for tribal members & descendants

You may be eligible if:

- Between age 19 - 64
- Not Medicare eligible
- Meet the following income limits:

Family- Monthly/Annual Income

1	\$1,387/\$16,643
2	\$1,868/\$22,411
3	\$2,348/\$28,180
4	\$2,829/\$33,948
5	\$3,310/\$39,716
6	\$3,790/\$45,485
7	\$4,271/\$51,253
8	\$4,752/\$57,022

- ✓ Medical
- ✓ Dental
- ✓ Vision
- ✓ Prescriptions
- ✓ Transportation reimbursement
- ✓ No waiting for Purchase and Referred Care (PRC)/contract health referral
- ✓ You decide when and where to receive care
- ✓ Zero premiums and co-pays for members and descendants

Indian Health Service is not insurance,
but Montana Medicaid has Indian Country covered!

Apply now:

Free help is available with your application at the Helena Indian Alliance/Leo Pocha Clinic. Call 442-9244 ext. 127 and make an appointment with Julie for assistance, or the Clinic Receptionist can schedule an appointment for you!

Online:
www.HealthCare.gov

Phone:
1-800-318-2596
24-hour helpline

In-person help is also available at most IHS clinics, Tribal Health Departments, Urban Health Centers, and your local Office of Public Assistance (OPA).

Learn - Apply - Enroll
www.CoverMT.org



HIA WELCOMES...

My name is **Todd J. Wilson** and I am an enrolled member of the great Crow Nation in South Eastern Montana. I am excited for this new opportunity to work with the Helena Indian alliance as the new **Executive Director**. I have been in the health field and Health Administration for 14 years as the Special Diabetes Program for Indians Coordinator for Crow as well as the Crow Tribal Health Director. I look forward to many more years in the field. I enjoy art, basketball, football, and attending my kids' sporting events. I received my high school education at St. Labre Indian Catholic school in Ashland MT and I received by Bachelor's degree in Exercise & Sports Studies (Exercise Physiology) from Guildford College in Greensboro NC. I have 3 Kids, Kendal age 9, Aiden age 6, and Madison (Mad Madi) age 1.10. I look forward to my time here at the Helena Indian Alliance and my goal is to improve and expand our services to the community. I hope we can achieve this together. Aho.

We are pleased to welcome **Pediatrician Dr. Fritz** to the Leo Pocha Clinic. We have already started scheduling appointments on Monday and Wednesday afternoons from 1 to 4 pm. Dr. Fritz will see patients up to the age of 22. Dr. Fritz is originally from Iowa where he attended the University of Iowa to obtain his medical degree then did his pediatric residency in Madison, Wisconsin. He moved to Helena in 1995 and began working at the Helena Pediatric Clinic. In 1995 he began Village Doc and became the only pediatrician to make house calls. (Check out his Facebook page!) Dr. Fritz is married with three children; his wife has one adult child and a child in high school.

My name is **Bonnie LaFontaine** and I am returning to Leo Pocha Clinic as the **Clinical Coordinator**. For the past 12 years I worked for Rosetta Assisted Living as the Administrator and Montana Regional Manager which entailed oversight of 4 Assisted Living facilities in Helena and Missoula.

I am happy to be back and it has been so good to see old friends. I am looking forward to meeting everyone.

Youth Program

Hello! As we transition into summer, I am excited to inform you about summer youth programming. The program will officially start on June 12th and will run until August 25th. The program will run from 9 am to 1 pm on Monday, Tuesday, Thursday, and Friday. On Wednesdays the program will operate from 12 pm to 3:15 pm. Breakfast and lunch will be provided by the program. See the attached calendar for a list of June activities. Children must register for each week that they would like to attend as spots are limited. We will take a maximum of ten children each week. Please contact Taylor South for more information or to register!

Taylor South, Youth Program Coordinator

Phone: (406) 449-5796 x107

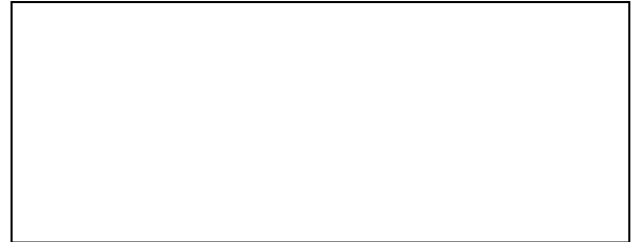
E-mail: tsouth@helenaindianalliance.com

June 2017 Youth Activities

Mon	Tue	Wed	Thu	Fri
			1 3:30pm- 5:30 pm Arts, Crafts, Music	2 3:30pm-5:30pm Rock Climbing
5 3:30pm-5:30pm Reading Dogs	6 3:30pm-5:30pm Traditional activity & Learning	7 3:30pm-5:30pm Swimming at Last Chance Splash	8 3:30pm-5:30pm Arts, Crafts, Music	9 3:30pm-5:30pm Rock Climbing
12 9 am-1pm Hiking Art project	13 9 am- 1 pm Traditional activity & Learning	14 12pm- 3:15pm Swimming at Last Chance Splash	15 9am- 1pm Arts, Crafts, Music	16 9am-1pm Art project Rock Climbing
19 9 am-1pm Field trip to Montana Wild	20 9 am- 1 pm Traditional activity & Learning	21 12pm- 3:15pm Swimming at Last Chance Splash	22 9am- 1pm Arts, Crafts, Music	23 9am-1pm Art project Rock Climbing
26 Cancelled	27 Cancelled	28 Cancelled	29 Cancelled	30 9am-1pm Art project Rock Climbing



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



**No Big Sky Meetings in June, July and August.
Board Meetings will continue and start at 5:30 pm**

June Board Meeting will be on June 14, 2017