

MARCH 2018 HIA NEWSLETTER

A.C.T. Prime for Life Schedule

Saturdays

8:00am to 2:00pm

March 3rd

and

March 10th

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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.



UPDATED CLINIC SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Walk-In Clinic 8:30am-4:00pm (LAC, MH, & Acutely Ill)	Walk-In Clinic 9:00am-4:00pm (LAC, MH, & Acutely Ill)	Scheduled Appointments: 8:00am-5:00pm	Scheduled Appointments: 8:00am-5:00pm	Scheduled Appointments: 8:00am-4:00pm
Scheduled Patients - JAN (8:30am-3:00pm)	Diabetes Clinic Day (non-diabetic patients may be scheduled the day before if spots are open)		**All Staff Unavailable on Thursdays from 1:00pm to 2:00pm for staff meeting**	

MARCH 2018

SUN	MON	TUE	WED	THU	FRI	SAT
 ©2018				1	2	3 PFL 8-2
4 AA 10am	5 Diabetes Education from 1:00-3:00 pm (by appointment) Walk-in Clinic 8:30am – 3:00pm	6 Diabetes Clinic 9am-3pm Walk-in Clinic 9am-3pm	7 Anger Mgmt. 5:00-6:30pm Indian Taco Sale 11am-1pm	8	9	10 PFL 8-2
11 AA 10am Daylight Savings Time Begins	12 Diabetes Education from 1:00-3:00 pm (by appointment) Walk-in Clinic 8:30am – 3:00pm	13 Diabetes Clinic 9am-3pm	14 Anger Mgmt. 5:00-6:30pm Big Sky Meeting 5:30pm Board meeting after Indian Taco Sale	15	16	17  St. Patrick's Day
18 AA 10am	19 Diabetes Education from 1:00-3:00 pm (by appointment) Walk-in Clinic 8:30am – 3:00pm	20 Diabetes Clinic 9am-3pm Spring Begins	21 Anger Mgmt. 5:00-6:30pm Indian Taco Sale 11am-1pm	22	23	24
25 AA 10am Palm Sunday	26 Diabetes Education from 1:00-3:00 pm (by appointment) Walk-in Clinic 8:30am – 3:00pm	27 Diabetes Clinic 9am-3pm Walk-in Clinic 9am-3pm	28 Anger Mgmt. 5:00-6:30pm Indian Taco Sale 11am-1pm	29	30 Good Friday	31 Passover Begins

UPCOMING POWWOWS of 2018

<i>Pow Wow</i>	<i>When</i>	<i>Where</i>
<i>43rd Annual MSU American Indian Council Powwow 2018</i>	<i>March 30th & 31st</i>	<i>Brick Breeden Field House Bozeman, Montana</i>
<i>MSUN Sweet Grass Society 42nd Annual Powwow</i>	<i>March 30th & 31st</i>	<i>MSUN Armory Gymnasium Havre, Montana</i>
<i>50th Annual MSUB Powwow</i>	<i>April 6th & 7th</i>	<i>MSUB Gymnasium Billings, Montana</i>
<i>50th Annual Kyiyo Powwow</i>	<i>April 20th & 21st</i>	<i>University of Montana's Adam Center Missoula, Montana</i>
<i>2018 GFPS Youth Powwow</i>	<i>May 12th</i>	<i>Montana ExpoPark Exhibition Hall Great Falls, Montana</i>

Native American Recipes

Ojibwa Baked Pumpkin

- 1 small Pumpkin
- 1/4 cup apple cider
- 1/4 cup maple syrup
- 1/4 cup melted butter

Place whole pumpkin in oven and bake at 350 degrees for 1 1/2 to 2 hours. You can pierce areas around pumpkin to ease cooking.

Cut pumpkin in half and scoop out the pulp and seeds. Set aside the seeds for later eating. Place pulp into casserole dish.

Mix together remaining ingredients and pour into dish along with the cooked pumpkin.

Bake for additional 35 minutes.

Helena Indian Alliance

501 EUCLID
Helena, MT
59601

Questions ???
406-449-5796
ext. 108

Thursday,
March 8th
8:30 am to
12:00 pm



Blood Pressure



Community Walk-In Blood Pressure Clinic

- Have you had your blood pressure checked recently? Did you know that high blood pressure (hypertension) is called **"THE SILENT KILLER?"**
- Most people have no symptoms to alert them that their blood pressure is high. If left untreated, high blood pressure can lead to **stroke, heart attack, kidney disease or blindness.**
- Please take 15 minutes out of your day so we can check your blood pressure.
- Educational materials provided.

BLOOD PRESSURE

1 OUT OF 3 PEOPLE SUFFER
FROM BLOOD PRESSURE DISEASE. - WHO
YOU COULD BE 1 OF THEM.



HIA WELCOMES A NEW STAFF MEMBER

My Name is Jason McNees, I was born and raised in Helena, Montana. My hobbies include distance running, photography, and anything fitness! From 2002-2007 I attended the University of Great Falls in Great Falls, Montana concentrating on Addictions Counseling study, and interned for a short period at M.C.D.C in Butte, Montana.

I'm excited to join the Behavioral Health team at Leo Pocha Clinic, Helena Indian Alliance as a Peer Support Professional and expect to work closely with the M.A.T. Clinic and Licensed Addiction Professionals.

Peer Support is a new and exciting role in our community, and I have been given the opportunity to assist others struggling with addiction. Through sharing my experiences and strengths while in Recovery, and acting as a peer mentor I reach to help others achieve their wellness goals! Assisting my peers who choose the path to Recovery from Drug and Alcohol addiction with Recovery Plans, Recovery Tools, and Community-based support; using a less formal format will be some of the goals associated with this role. If or when an individual is nearing a crisis or relapse they are urged to reach out to a Peer Support Professional to offer diversion techniques to avoid a relapse, or probable solutions to a crisis.

I'm very happy, excited, and grateful to join the Helena Indian Alliance team! Here's to wellness!!

As of March 1st, 2018 our Indian Taco Sales will now take place on **WEDNESDAY'S** from 11:00 am to 1:00 pm



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!

CLINIC NEWS

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.



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!

Did you know:

- E-cigarettes are being marketed using the same tactics Big Tobacco used to get kids to start smoking regular cigarettes.
 - No e-cigarette product has been approved by the FDA as a quit aid.
 - E-cigarettes can be found in over 7,700 flavors targeted at youth, like cotton candy, root beer float and bubblegum – flavors that federal law prohibits in conventional cigarettes.
 - E-cigarettes and refill cartridges are advertised on radio and TV, and in magazines.
- The good news – as of August 2016, Montana retailers are prohibited from selling e-cigarettes to anyone under the age of 18



E-CIGARETTE WORD SEARCH



BURNING
CARCINOGEN
CELEBRITY
CIGARETTE

ACETYLCHOLINE
ACROLEIN
ADDICTION
TOBACCO
BILLBOARD

COUGH
ELECTRONIC
EPIDEMIC
FORMALDEHYDE
GENERAL

GLYCOL
INFLUENCE
NERVES
NICOTINE
NITROSAMINE
PROPYLENE
PUFFS
RECEPTOR
SECONDHAND
SMOKING
SURGEON
TELEVISION
CONFUSED
TOXICOLOGY

G L Y C O L E C I M E D I P E B
S U R G E O N G U S J N E M C E
C E S C O N I K E L P D L U E N
O N C E O L L C H Z Y F E T L E
N I G N I K O M S H S U C N E L
F T T R E N H C E B G W T O B Y
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S C B H W U L A G X B R O T I O
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D A C R O L E I N I I E C D N W
F R O T P E C E R X O N R D U G
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M J N O I S I V E L E T R D E D
O E T T E R A G I C S E V R E N



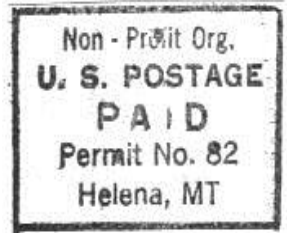
AMERICAN INDIAN
Commercial Tobacco Quit Line
1 (855) 372-0037
MTAmericanIndianQuitLine.com



1-800-QUIT-NOW
www.QuitNowMontana.com



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



Big Sky Meeting will be held March 14, 2018 @ 5:30 pm

This board meeting will be potluck style so make sure to bring a dish!
Best dish wins a \$50 gift card! Crockpot meal, dessert, side dishes, etc.

Board meeting will start shortly after.