

November 2018 HIA Newsletter

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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.



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

PRIME FOR LIFE SCHEDULE

November 10th & 11th
Sat/Sun 8am-2pm

Family Health Fair
Friday November 2nd, 2018
12-3pm in the HIA Gym!
Free Food and Prizes!
Open to the community!



NOVEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Family Health Fair 12-3PM in HIA gym	3
4 AA 10am	5 Walk-in Clinic 8:30am - 3:00pm Women's wellness group 5pm-6:30pm	6 Election Day! Diabetes Clinic 9am-4pm Walk-in Clinic 9am-3pm	7 Anger Mgmt. 5:00-6:30pm Indian Taco Sale	8	9	10 PFL 8am-2pm
11 AA 10am PFL 8am-2pm	12 HIA CLOSED FOR VETERANS DAY Rock Your Moc's Week!	13 Diabetes Clinic 9am-4pm Walk-in Clinic 9am-3pm	14 Anger Mgmt. 5:00-6:30pm Indian Taco Sale Board Meeting @ 5:30 World Diabetes Day	15	16	17
18 AA 10am	19 Walk-in Clinic 8:30am - 3:00pm Women's wellness group 5pm-6:30pm	20 Diabetes Clinic 9am-4pm Walk-in Clinic 9am-3pm	21 Anger Mgmt. 5:00-6:30pm Indian Taco Sale	22 THANKSGIVING DAY HIA CLOSED	23 HIA CLOSED	24
25 AA 10am	26 Walk-in Clinic 8:30am - 3:00pm Women's wellness group 5pm-6:30pm	27 Diabetes Clinic 9am-4pm Walk-in Clinic 9am-3pm	28 Anger Mgmt. 5:00-6:30pm Indian Taco Sale	29	30	

Helena Indian Alliance and Leo Pocha Clinic Welcomes Amy, Bev, & Lisa!

Hello, My name is Amy. I am the new RN MAT Clinical Coordinator. I started nursing in 1999 after receiving my LPN here in Helena at Helena College of Technology. I later obtained my RN ASN in 2011 from Montana Tech and more recently my BSN through Montana Tech in 2014. I started my nursing career in nursing homes and have worked in all different fields of nursing with my most exciting being med/surgical and discharge planning. I was fortunate to get to travel as a nurse and see a lot of rural Montana as well as experience various kinds of nursing and healthcare in general. I have been in nursing for 20 years now which seems unbelievable. I am very passionate for the populations I have worked with and the ones I will be working with here at Leo Pocha. I am excited and grateful to be part of the MAT team!

Hi, My name is Beverly Guest and I am the Case Manager here at the Helena Indian Alliance. I am an enrolled member of the Blackfeet Tribe. I received my Bachelor's Degree from the University of Montana in Social Work. I have lived in the Missoula area for 40+ years before relocating to Helena in 2017. My first Career was with the Forest Service in Missoula in which I retired from after 25 years of service. This was an exciting career for me. I am excited and grateful to become a part of the Helena Indian Alliance and give back to the community and individuals that need assistance and guidance to enhance their lives.

Lisa joins us after working at the State Public Defenders office for four years. Lisa has a well-rounded background working with all walks of life including teaching elementary children, working with troubled youth, indigent families, inmates, and adults with addictions and co-occurring disorders. She carries four degrees with her most recent being her biggest accomplishment as a Master level Social Worker from Walla Walla University. Lisa's roots are in Helena where she resides with her two daughters, Sierra (19) and Selena (5). Lisa enjoys traveling, shopping, and most of spending time with her family. HIA welcomes Lisa as our new LCSWC Behavioral Health Director.

Helping People Live Life with Diabetes

November 2018

True or False? (answer found at the bottom of the page)

Diabetes is one of the top reasons for amputation, blindness, heart attacks, kidney problems, neuropathy, stroke, and neuropathy.

Here are some diabetes medication secrets...

Out of control diabetes can harm your body-even if you feel okay!

Taking ALL your medications is a powerful choice you can make to positively affect your health.

Your medications are working even if you can't feel it.

Needing more medication to manage your diabetes and reduce complications is not your fault.

More medication doesn't mean you are sicker and less medication doesn't mean you are healthier.

Is it time for you to schedule an appointment? Has it been over 3 months? If so, please call our medical receptionist at 406-449-5796, ext. 101 to schedule an appointment! The diabetes clinic is open every Tuesday from 9:00 am to 4:00 pm. If Tuesday is not convenient, you may schedule an appointment for another weekday.

We are striving to improve the care we give and look forward to learning how we can better help you. Also, please schedule an appointment with Kristel, the Clinic Diabetes Educator, if there is anything she can do to help manage living your life well with diabetes.

Thank you so much,

Kristel Kishbaugh, MSN, RN

Diabetes Educator/Program Coordinator

Jan Campana, MSN, APRN

Diabetes Nurse Practitioner

406-449-5796, ext. 136

We want to help you avoid developing diabetes and the challenges related to uncontrolled diabetes!
(False... uncontrolled diabetes is one of the top reasons for amputation, blindness, kidney problems, stroke, and neuropathy.)

November 14th is World Diabetes Day!!!

World Diabetes Day was first presented in 1991 by the International Diabetes Federation (IDF) and the World Health Organization (WHO) to raise awareness due to the alarming rise in number of people living with diabetes throughout the entire world.

Did you know?

In 1980, 108 million adults were living with diabetes throughout the world.

In 2014, 422 million adults were living with diabetes throughout the world.

Since 1980, the diagnosis of adult diabetes has nearly doubled 1980 from 4.7% to 8.5% throughout the world.

Over the past decade, diabetes prevalence has risen faster in low and middle-income countries than in high-income countries.

(Retrieved from the United Nations website: <http://www.un.org/en/events/diabetesday/>)

Good news!!!!

Healthy diet, regular physical activity, maintaining a normal body weight, and avoiding tobacco use are ways to prevent or delay the onset of type 2 diabetes.

Diabetes can be treated and its consequences avoided or delayed with diet, physical activity, medication and regular screening and treatment for complications.

(Retrieved from the World Health Organization website: <http://www.who.int/en/news-room/fact-sheets/detail/diabetes>)

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

Find these words on the puzzle:

addiction lungs
 asthma nicotine
 cancer oxygen
 chemicals smell
 cigarettes smoke
 cigars snuff
 craving tar
 emphysema tobacco

Welcome to Native American Heritage Month! Rock your Mocs week 2018 is November 12th through the 17th!

Official Hashtags are #rockyourmocs and #RYM2018

Rock Your Mocs day was founded by a Laguna Pueblo woman in 2000. Jessica “Jaylyn” Atsyé said she didn’t realize she had started a worldwide movement that she just wanted to wear moccasins with her friends. In an interview in 2017 with Jill McLaughlin Jessica stated “I just want to say to the younger generation, if you have an idea don’t think that it is too great or too dumb. The idea you have might interest people and it may become great someday like ‘Rock Your Mocs’ live up to your dreams, as far as race, unity means everything”

Decolonizing Creator's many gifts is a first step toward healthier American Indian communities.



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!**



Helena Indian Alliance Annual Christmas Party

Thursday December 13th, 2018 in the Helena
Indian Alliance Gym 5:30-7:30pm

Helena Indian Alliance will provide turkey
ham, potatoes, stuffing, and drinks.
The community is encouraged to bring a side
dish or dessert.

OPEN TO THE PUBLIC

Volunteers are appreciated, Call 442-9244 ext.
115 & 103 if you have any questions.

Thank you, see you there !

Merry Christmas!



Come to the Leo Pocha Clinic to get your **flu shots** which will be available soon! Receiving one enters you into a raffle for a Van's grocery card. 1st drawing will receive \$50 Van's grocery gift card! 2nd and 3rd drawing will receive a \$25 card! Drawing will be held December 10th.

Open enrollment for health insurance starts November 1st. The deadline is December 15th , 2018. Coverage will begin January 1st, 2019.

Native Americans can enroll at any time.

Contact information: 406-442-9244 ext. 115, 103, 127, or 109.

WELCOME YOUTH COUNCIL 2018

WHEN: November 14, 2018 from 5:30-7:30 PM

WHERE: Helena Indian Alliance Gymnasium

Hey Parents! Is your child a member of the Youth Council at Helena Indian Alliance? This group is made up of local, Native youth ages 12 and up!

We meet every Thursday from 3:30 to 5:30 at HIA in the Youth room.

Exciting News!!

At Helena Indian Alliance during the Big Sky Meeting we will officially introduce the Youth Council Members to Helena Indian Alliance and the Community of Helena!

Youth Council leaders are asking participants to prepare a short introductory biography and how they hope to make a difference in our community through participation in Youth Council! This will also be the time that we vote in President and Vice President of the Youth Council.

Big Sky Meetings feature some amazing pot-luck style food, contributed by community members!

This month's competition is a Pie Contest (pies include pizza, chicken pot pie, and any other pie you can create!)

Best dish wins a \$50 gift card!

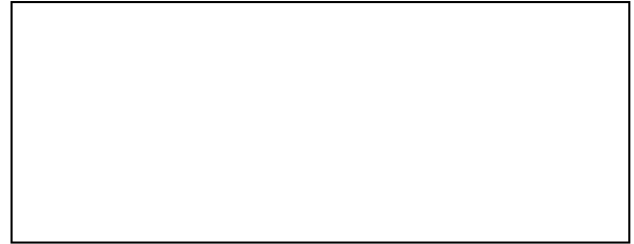
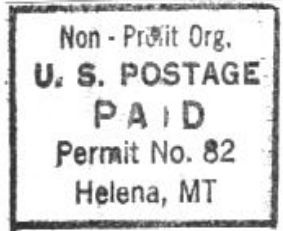
All parents are encouraged to attend and support your young ones. Helena Indian Alliance Youth Council Staff Members will be present for a Meet & Greet, Followed by Youth Council Participants and Program Introduction.

If you have any questions please feel free to contact me directly at 406-442-9244 ext.132

Samantha Vulles Youth Coordinator



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



**Big Sky Meeting will be held
November 14th, 2018 @ 5:30 pm**

**Make sure to bring your favorite Pie for the Pie Challenge!
Winner will take home a \$50 gift card!**