

August 2018 HIA Newsletter

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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.

PRIME FOR LIFE SCHEDULE

Sat/Sun 8am to 2pm
August 11th & 12th

Thur/Fri 9am to 3:30pm
August 23rd & 24th

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

New Employee Bio

Hello, my name is Katie Benevides Saddler I was raised in Helena Mt and have lived here for 29 years. My husband and I have three beautiful girls, and we are all very active in the community whether its cheer, dance, pow wows, or service work we are always busy doing something. I just recently received my certification through NHA as a Certified Clinical Medical Assistant and a Certified Phlebotomist. Ever since high school I have been working in the medical field helping others. I enjoy helping others very much and it has been my passion since a child to help others, I am doing the job I have always wanted to do and I love it here at Leo Pocha Clinic. I look forward to the future and working with all of you and meeting those I have not met yet.

CLINIC REMINDER:

LEO POCHA CLINIC/HELENA INDIAN ALLIANCE WILL BE CLOSED FOR CLINIC REMODELING FROM August 30, 2018 through September 5, 2018. Make sure you have enough medication. If not, have the pharmacy fax a refill request to the clinic prior to August 30.

AUGUST

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Anger mgmt. 5:00-6:30pm Indian Taco Sale	2 Women's Talking Circle 6pm-7pm	3	4 <i>HIA Annual Summer Picnic 1-4 @ Centennial Park</i>
5 AA 10am	6 Walk-in Clinic 8:30am - 3:00pm	7 Diabetes Clinic 3pm-5pm Walk-in Clinic 9am-3pm	8 Anger Mgmt. 5:00-6:30pm Indian Taco Sale Board Meeting @ 5:30	9 Women's Talking Circle 6pm-7pm	10	11 PFL 8-2
12 AA 10am	13 Walk-in Clinic 8:30am - 3:00pm	14 Diabetes Clinic 3pm-5pm Walk-in Clinic 9am-3pm	15 Anger mgmt. 5:00-6:30pm Indian Taco Sale	16 Women's Talking Circle 6pm-7pm	17 <i>Access To Success Begins</i>	18
19 AA 10am	20 Walk-in Clinic 8:30am - 3:00pm	21 Diabetes Clinic 3pm-5pm Walk-in Clinic 9am-3pm	22 Anger Mgmt. 5:00-6:30pm Indian Taco Sale	23 PFL 9-3:30 Women's Talking Circle 6pm-7pm	24 PFL 9-3:30	25
26 AA 10am	27 Walk-in Clinic 8:30am - 3:00pm Helena College Begins	28 Diabetes Clinic 3pm-5pm Walk-in Clinic 9am-3pm	29 <i>First Day of School for Helena Public Schools</i>	30 HIA/Leo Pocha CLOSED for Remodel	31 HIA/Leo Pocha CLOSED for Remodel	

Helping People Live Life with Diabetes

August 2018

Sometimes our life experiences bring us happiness and sometimes our life experiences are challenging or can even feel overwhelming. One of life's challenges may be living with a health problem like diabetes. We are each unique and your diabetes plan should be designed just for you to live your life doing the things you need and want to do.

Managing diabetes has ups and downs which is normal! It is important for you to have people who support you like family, friends, as well as a diabetes educator and a medical provider.

Jan Campana, APRN, and Kristel Kishbaugh, Diabetes Educator, help people living with diabetes. Our hope is that everyone living with diabetes who comes to the Leo Pocha Clinic will feel comfortable as we all work together to help you.

If you are a person living with diabetes who has not had an appointment in over 3 months, please call the clinic at 449-5796 to schedule an appointment.

We look forward to visiting with you!

Jan Campana, MSN, APRN
Diabetes Nurse Practitioner

Kristel Kishbaugh, MSN, RN
RN Diabetes Program Manager



If “I start believing I can-then my behaviors and beliefs are eventually going to follow that. If I believe I can’t, then my behaviors and beliefs will follow that.”

-Dr. Darryl Tonemah, IHS DDTP Consultant
(Indian Health Service, Division of Diabetes Treatment and Prevention).

Commercial tobacco

“Commercial tobacco is used recreationally, Individually and habitually. For too long, Big Tobacco has exploited our people, manipulated our practices and profited from our addictions.”

-Rick Wolfname, Northern Cheyenne TPS

- Inhaled
- Not sacred
- Easy
- Fast, greedy
- For profit
- Addictive
- Processed
- Disrespectful to others
- Consumptive
- Disease inducing
- Habitual
- Recreational
- Casual

VS.

Traditional tobacco

“Honoring the traditional way of life means saying, ‘thank you’ to Creator. Traditional tobacco is offered to the earth for survival of the people and as a gift of honor to show respect for good deeds. Our children learn what is modeled in the home.”

-Diana Bird, Blackfeet elder

- Not inhaled
- Sacred, ceremonial
- Scarce, blessing
- Simple, humble
- Social, binding of contracts
- Not addictive
- Natural
- Used in respectful manner
- Deliberate, thoughtful
- Generosity, reciprocity, gift
- Intentional in moderation
- Curative, medicinal
- Prayerful



July 2018

S	M	T	W	T	F	S
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August 2018

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September 2018

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October 2018

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November 2018

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December 2018

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Holiday and Student Dismissal Dates

August 27 & 28..... Staff Orientation
 August 29..... First Day of School
 Grades 1-5, Grade 6 CRA & HMS, Grades 9-12 PAL, Grade 9 CHS & HHS
 August 30..... First Day of School
 Grades 7-8 CRA & HMS, Grades 10-12 CHS & HHS
 September 3..... Labor Day - No School - District Closed
 September 4..... First Day of School for Kindergarten
 October 18 & 19... State Conventions - No School
 November 5..... 2nd Quarter Begins
 November 21-23 Thanksgiving Break - No School
 November 22 & 23..... District Closed
 December 24 - January 1..... Winter Break - No School
 December 25, 26 & January 1..... District Closed
 January 15-17..... High School Semester Testing
 January 17..... K-8 12:00 p.m. Early Dismissal
 January 18..... HS Staff in Service Records Day, No School K-12
 January 21..... Martin Luther King Day - No School
 January 22..... 3rd Quarter Begins
 February 18..... President's Day - No School - District Closed
 March 25-29..... Spring Break - No School
 April 1..... 4th Quarter Begins
 May 3..... Vigilante Parade - No School Grades 9-12/11:00 a.m. Dismissal K-8
 May 27..... Memorial Day - No School - District Closed
 June 1..... High School Graduation
 June 4-6..... High School Semester Testing
 June 6..... Last Day & 12:00 p.m. Early Dismissal Students K-8
 P.M. K-8 Staff Records Day
 Last Day for Staff K-8
 June 6..... Last Day for Students 9-11
 June 7..... High School Staff In-Service-Records Day
 Last Day for Staff 9-12

January 2019

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February 2019

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March 2019

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April 2019

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May 2019

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June 2019

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Every Monday are Professional Release days for Helena School District staff. School will dismiss early. Please see below for your school's Professional Release schedule.

- *Elementary: 8:30 a.m. - 2:30 p.m.
- *Middle School: 8:05 a.m. - 2:15 p.m.
- *High School: 8:20 a.m. - 2:30 p.m.

**Buses will run according to the above schedule on Mondays.

- Holiday/Break - No School - All Grades
- Staff Orientation
- Last Day of School 9-11 Students
- High School Semester Testing
- Early Dismissal Students K-8 Records Day
- HS Staff in-service- records day - No School K-12
- Vigilante Day - K-8 released 11:00 a.m./High School -No School

Board Approval:
March 13, 2018

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)

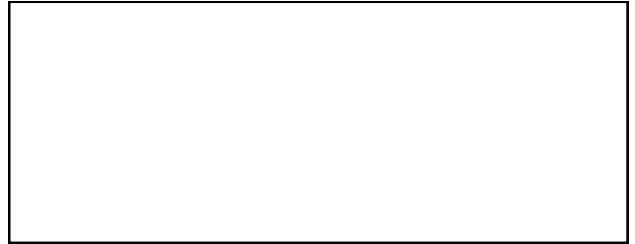


Please Email Linda @ LKinsey@mt.gov





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



Reminder: There is no Big Sky Meeting for August. They will resume in September.

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

The next Board meeting is scheduled for August 8th, 2018