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.

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**A.C.T. Prime for Life Schedule**

**Thursday and Friday**
9:00am to 3:00pm
February 8th and 9th

**Saturdays**
8:00am to 2:00pm
Feb. 24th & Mar. 3rd

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**Prime for Life Schedule**

1. Calendar
2. Round Dance
3. Chrissy’s Corner
4. New Employee Bio/ Sudoku
5. Clinic News
6. Tobacco Prevention

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**Low Cost Vaccine & Microchip Clinic**

LEWIS & CLARK HUMANE SOCIETY

February 3rd
9am - 2pm
Helena Indian Alliance
501 Euclid Ave 59601

$25 AKC Microchip
$10 Vaccination
$15 for Two Vaccinations
$25 for all Three Vaccinations

Vaccinations available:
Rabies, Canine Distemper (DA2PPV), Bordatella (Kennel Cough), Feline Distemper (FVRCP)

**CATS MUST be in crates.**
**DOGS MUST be on leashes.**
**No appointment necessary.**

Questions? Call 442-1660
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<tr>
<th>Sun</th>
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<td><strong>1</strong> Indian Taco Sale 11am-1pm</td>
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<td><strong>2</strong> Ground Hog Day</td>
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<td><strong>4</strong></td>
<td>AA 10am</td>
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<td><strong>5</strong></td>
<td>Diabetes Education from 100-3:00 pm (by appointment)</td>
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<td>Diabetes Clinic 9am-3pm</td>
<td><strong>7</strong></td>
<td>Anger Mgmt. 5:00-6:30pm</td>
<td><strong>8</strong> Indian Taco Sale 11am-1pm</td>
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<td>Walk-in Clinic 8:30am – 3:00pm</td>
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<td>Diabetes Clinic 9am-3pm</td>
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<td>PFL 9-3</td>
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<td><strong>12</strong></td>
<td>AA 10am</td>
<td><strong>13</strong></td>
<td>Diabetes Clinic 9am-3pm</td>
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<td>Anger Mgmt. 5:00-6:30pm</td>
<td><strong>15</strong> Indian Taco Sale 11am-1pm</td>
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<td><strong>11</strong></td>
<td>Diabetes Education from 100-3:00 pm (by appointment)</td>
<td><strong>12</strong></td>
<td>Diabetes Clinic 9am-3pm</td>
<td><strong>13</strong></td>
<td>Big Sky Meeting 5:30pm</td>
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<td>Walk-in Clinic 8:30am – 3:00pm</td>
<td><strong>14</strong></td>
<td>Walk-in Clinic 9am-3pm</td>
<td><strong>15</strong></td>
<td>Board meeting after Valentines Day</td>
<td><strong>17</strong> Round Dance</td>
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<td><strong>18</strong></td>
<td>AA 10am</td>
<td><strong>19</strong> CLOSED</td>
<td><strong>20</strong> Diabetes Clinic 9am-3pm</td>
<td><strong>21</strong></td>
<td>Anger Mgmt. 5:00-6:30pm</td>
<td><strong>22</strong> Indian Taco Sale 11am-1pm</td>
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<td><strong>17</strong></td>
<td>President's Day</td>
<td><strong>18</strong></td>
<td>Walk-in Clinic 9am-3pm</td>
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<td><strong>24</strong> PFL 8-2</td>
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<td><strong>25</strong></td>
<td>AA 10am</td>
<td><strong>26</strong> Diabetes Education from 100-3:00 pm (by appointment)</td>
<td><strong>27</strong> Diabetes Clinic 9am-3pm</td>
<td><strong>28</strong></td>
<td>Anger Mgmt. 5:00-6:30pm</td>
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<td>Walk-in Clinic 8:30am – 3:00pm</td>
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**February 2018**
ROUND DANCE
Helena Indian Alliance
501 Euclid Ave

Saturday February 17, 2018
Traditional Feed Starts @ 5pm
Dance to Follow

MC: Mike Jetty, Shane Doyle, & Duran Caferro
Stickman: Nakoa Heavy Runner
Invited Singers: Donovan Archambault & Black Whistle

Owl Dance
1st: $300
2nd: $200
3rd: $100

Singing Contest
$1000 Cash Prize

GET YOUR RAFFLE TICKETS!
The drawing will be held Feb. 17th
during the Round Dance! Don’t
miss out on the beautiful Pendleton Saddle Blanket! Tickets are
$3 each or 2 tickets for $5.

VENDORS WELCOME! PLEASE CALL IN ADVANCE TO RESERVE A TABLE/BOOTH
FOR ANY QUESTIONS CALL TASHINA @ 406-442-9244 EXT. 103
Dog Tag Buddies is dedicated to providing veterans with hidden injuries opportunities to lead more fulfilling lives. We provide NO cost services in the adoption and training of rescued dogs to become emotional support animals or service dogs depending on the needs of the individual veteran.

ELIGIBILITY
You must be a veteran with a hidden injury. Proof will be required to be eligible for the program. Documentation will include a copy of your VA Certification of Disability or a document from your physician. You must also provide a copy of your DD214.

PO BOX 250
SHEPHERD, MONTANA 59079-0250
Tel: 406-690-9853
Email: director@dogtagbuddies.org

Brochures can be found in the Clinic with Christine Brand

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!
HIA welcomes a new staff member

Audrey Thompson has joined our team here at the HIA/Leo pocha clinic. She is one of our part time LCPC’s. She works with adults and children and will be on-site Monday, Tuesday, and half days on Wednesday. Dagwood is her favorite cartoon character and she enjoys shopping, working out, watching the news, and going on walks. We are very excited to have her as part of our team here!

The Classic Sudoku is a number placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.
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 3 pm. and Tuesdays, from 9 am to 3 pm. Please stop by the Administration office before going to the clinic.

HIA now has a ‘kiosk’ set up for those who are interested in Montana United Indian Association (MUIA) services. Applications will also be 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](http://www.MUIA74.com) for more information.

**COLLEGE STUDENTS MAKE SURE TO COME CHECK US OUT AND SEE IF YOU QUALIFY FOR A BOOK REIMBURSEMENT!**
**Big Tobacco spends big money on point-of-sale advertising**

The tobacco industry spent over $8.7 billion in the U.S. during 2012 at the point of sale. This amounts to over $1 million per hour spent on in-store marketing.

**Point-of-sale tobacco marketing puts Montana youth at risk**

The tobacco industry markets its products in retail locations such as:
- Convenience stores
- Gas stations
- Grocery stores

Pharmacies

Products are promoted via:
- Product placement
- In-store displays and branding
- Bright colors and candy flavors

... all designed to create new users and keep people smoking, dipping, and vaping.

This marketing reaches children, who frequently visit point of sale locations, and it increases the likelihood that they'll begin smoking.

**Point-of-sale marketing reaches children**

70% of children visit convenience stores weekly. Many of these stores are near schools and playgrounds. Tobacco products, signs and branding are placed at children's eye level, on the counter and near candy.

The cigarette industry spends $726 million/year on product placement, while the smokeless tobacco industry spends $64 million.

The bright packaging on cigarillos and e-cigarettes makes them look like candy. Cigarillos and ejuice come in candy flavors, such as strawberry milkshake, banana split and chocolate ice cream.

Discounts and coupons make tobacco products more affordable for young people.

**Point-of-sale marketing works!**

A 2007 study in the Archives of Pediatrics and Adolescent Medicine found that the more cigarette marketing teens are exposed to, the more likely they are to smoke.

A 2010 study in Pediatrics found that the odds of smoking more than doubled for teens who visited a store with point-of-sale tobacco ads at least twice a week.

**The impact in Montana**

The tobacco industry spends $30 million/year marketing its products in our state.

- 13% of Montana high school students smoke, 12% use smokeless tobacco, and 30% use e-cigarettes.
- 900 Montana children under age 18 become daily smokers each year.
- 19,000 Montana children now under age 18 will die prematurely due to smoking.
- 19% of Montana adults die from their own smoking each year.
- $440 million is spent on health care in Montana each year, due to smoking.
Big Sky Meeting will be held
February 14, 2018 @ 5:30 pm

Make sure to bring a pie for the pie contest!
Winner will take home a $50 giftcard!

Board meeting will start shortly after.