

Thank you for helping
make our HIA Annual
Summer Picnic a success!

Van's Thriftway
Costco
Power Townsend
Stockman Bank
Albertsons
St. Johns Lutheran Church

There will be no Primary Care
Provider in the Leo Pocha
Clinic the week of September
18th-22nd If you need a
medication refill please let us
know before Wednesday
September 13th
Thank you!

Sorry for any inconvenience!

A.C.T. Prime for Life
schedule

Saturdays

9/9/2017

9/16/2017

Thurs/Fri

9/28/2017

9/29/2017

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.

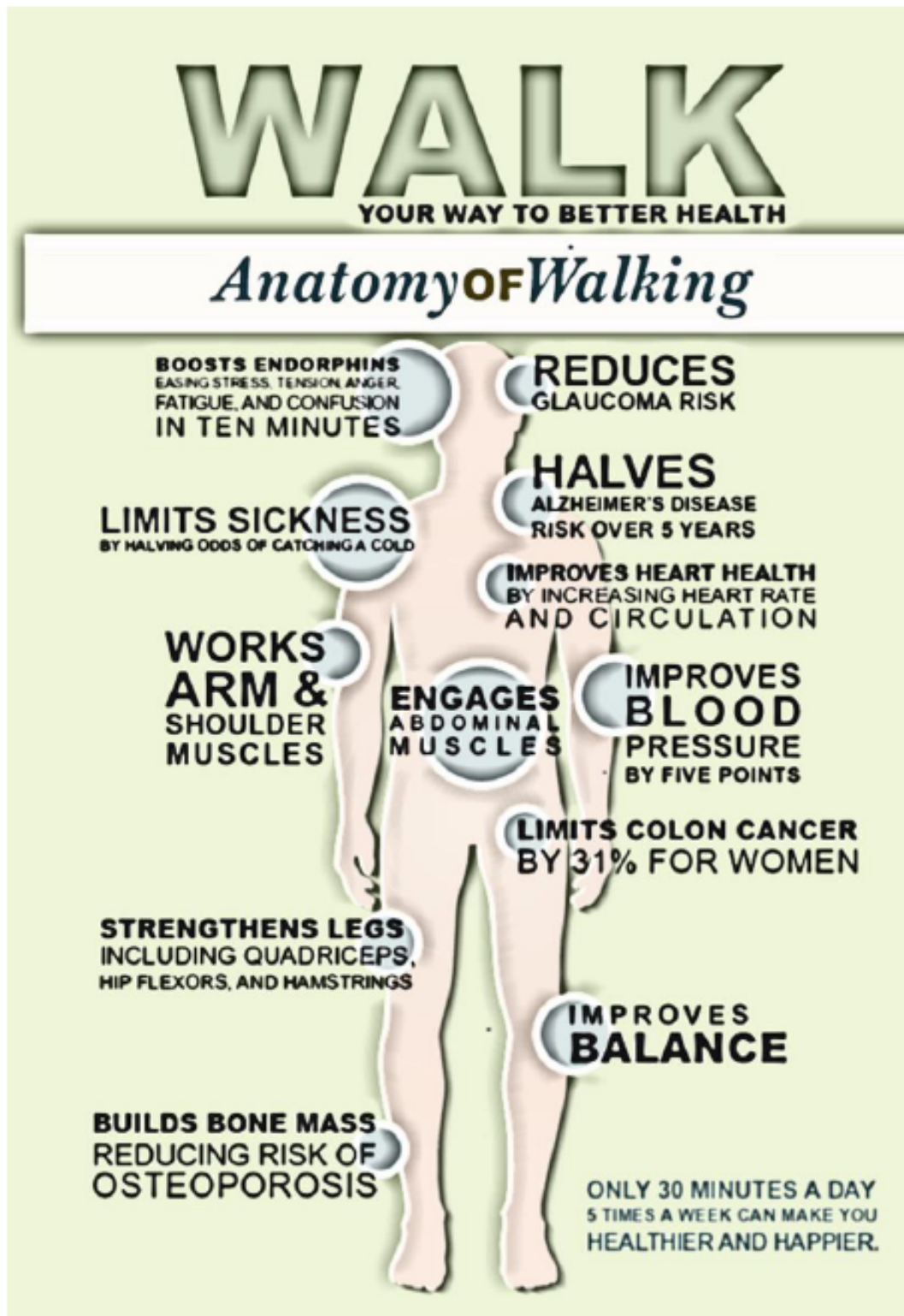
Please be aware we do not offer refunds. When you register, be sure that you will be able to attend all Prime for Life classes, complete payment in-full, and attend your Exit Assessment appointment.

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September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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3 AA 10AM	4 Diabetes Education from 1:00-3:00 pm (by appointment) Walk-in Clinic 8:30-9:30 am	5 Diabetes Clinic 9am-3pm	6 Anger Mgmt. 5:00-6:30pm	7	8	9 Prime For Life 8am-2pm
10 AA 10AM	11 Diabetes Education from 1:00-3:00 pm (by appointment) Walk-in Clinic 8:30-9:30 am	12 Diabetes Clinic 9am-3pm	13 Anger Mgmt. 5:00-6:30pm Big Sky Meeting 5:30pm Board meeting 6:00	14	15	16 Prime For Life 8am-2pm
17 AA 10AM	18 Diabetes Education from 1:00-3:00 pm (by appointment) Walk-in Clinic 8:30-9:30 am	19 Diabetes Clinic 9am-3pm	20 Anger Mgmt. 5:00-6:30pm	21	22	23
24 AA 10AM	25 Diabetes Education from 1:00-3:00 pm (by appointment) Walk-in Clinic 8:30-9:30 am	26 Diabetes Clinic 9am-3pm	27 Anger Mgmt. 5:00-6:30pm	28 Prime For Life 9am-3pm	29 Prime For Life 9am-3pm	30

Here are the benefits of 30 minutes/day, 5 times/week
Strapped for time? Doing **THREE** 10 minute walks/day has the same benefit as doing 30 minutes.



WALK

YOUR WAY TO BETTER HEALTH

Anatomy of Walking

- BOOSTS ENDORPHINS**
EASING STRESS, TENSION, ANGER, FATIGUE, AND CONFUSION IN TEN MINUTES
- REDUCES GLAUCOMA RISK**
- HALVES ALZHEIMER'S DISEASE RISK OVER 5 YEARS**
- LIMITS SICKNESS**
BY HALVING ODDS OF CATCHING A COLD
- IMPROVES HEART HEALTH**
BY INCREASING HEART RATE AND CIRCULATION
- WORKS ARM & SHOULDER MUSCLES**
- ENGAGES ABDOMINAL MUSCLES**
- IMPROVES BLOOD PRESSURE**
BY FIVE POINTS
- LIMITS COLON CANCER**
BY 31% FOR WOMEN
- STRENGTHENS LEGS**
INCLUDING QUADRICEPS, HIP FLEXORS, AND HAMSTRINGS
- IMPROVES BALANCE**
- BUILDS BONE MASS**
REDUCING RISK OF OSTEOPOROSIS

ONLY 30 MINUTES A DAY
5 TIMES A WEEK CAN MAKE YOU
HEALTHIER AND HAPPIER.

SECOND HAND SMOKE

Second-hand smoke contains more than 4,000 chemicals; including nicotine, carbon monoxide, ammonia, formaldehyde, dioxins, and furan. More than 50 cancer-causing chemicals are in second-hand smoke; including arsenic, asbestos, benzene, and vinyl chloride.

WHAT ARE THE RISKS OF SECOND HAND SMOKE?

- ☒ Lung cancer
- ☒ Heart disease
- ☒ Stroke
- ☒ Breast cancer
- ☒ Cervical cancer
- ☒ Miscarriage

WHAT IS THE IMPACT OF REGULAR EXPOSURE TO SECOND HAND SMOKE ON CHILDREN?

- ☒ Bronchitis
- ☒ Croup
- ☒ Pneumonia
- ☒ Asthma
- ☒ Sudden infant death syndrome, SIDS
- ☒ Ear infections

WHY IS SECOND HAND SMOKE SO HARMFUL TO CHILDREN?

- ☒ Children's lungs are still growing
- ☒ Children breathe in more air for their body weight than adults
- ☒ Children tend to be more active than adults
- ☒ Children's immune systems are not as developed as adults
- ☒ Children are less able to leave places where there is second-hand smoke

Here are some things you can do to help reduce young children's and pregnant women's exposure to second-hand smoke:

1. Learn more about traditional vs. commercial use of tobacco.
2. Discuss smoking openly.
3. Help people understand the impact of smoke on children's health.
4. Politely ask people not to smoke around children and pregnant women.
5. Keep a smoke-free home, put a smoke-free home sign on your front door.
6. Remove your coat and wash your hands after smoking, before playing with children.
7. Let friends and family know that they are expected to smoke outside.
8. Thank visitors for being understanding and smoking outside away from the house.
9. When visiting people who smoke, call ahead so they can air out the house.
10. Treat yourself sacred!

The advertisement features two logos. On the left is the American Indian Commercial Tobacco Quit Line logo, which includes a stylized American Indian headdress and the text: "AMERICAN INDIAN Commercial Tobacco Quit Line 1 (855) 372-0037 MTAmericanIndianQuitLine.com MONTANA TOBACCO QUIT LINE 1-800-QUIT-NOW www.QuitNowMontana.com". On the right is the Helena Indian Alliance logo, which features a stylized turtle with a globe on its back and the text: "HELENA INDIAN ALLIANCE MIND BODY HEALING FAMILY SPIRIT 'Keeping Our Community Strong'".

Access to Health & Dental Care: Medicaid and Health Insurance.



Medicaid includes DENTAL and VISION coverage!

You can come to the Helena Indian Alliance for application help in-person, or you can apply online at www.apply.mt.gov or by going to the Office of Public Assistance in Helena at 111 N. Sanders Street, Room 109.

If you have already applied and were found eligible for Medicaid, look for your benefits information package from the Montana Department of Public Health & Human Services (DPHHS).

If you have not received information from DPHHS, or have other Medicaid questions, you can check on your application status by calling the Montana Medicaid helpline at 1-888-706-1535.

Native Americans eligible for Montana Medicaid should not have any monthly premium to pay or owe any co-pays for medical appointments. If you are Native American and are being charged these fees, call the Montana Medicaid Helpline to make sure your application is marked that you are Native American.

If you are not Native American, you may be on the Montana Medicaid HELP Plan and have to pay a monthly premium and co-pays for healthcare appointments. Read your mail from the Department of Public Health & Human Services (DPHHS) carefully for any payment instructions.

The Medicaid paperwork may ask you to list your "Passport Provider". Your "Passport Provider" is your primary healthcare location. If the Leo Pocha Clinic is your primary healthcare location, choose "Helena Indian Alliance" on the Medicaid Passport Provider paperwork. You can also choose and/or change your Passport Provider online at:

<http://dphhs.mt.gov/MontanaHealthcarePrograms/Passport>.

Do you have questions?

The Helena Indian Alliance can answer questions, and help you apply for Montana Medicaid or health insurance through the federal 'healthcare.gov' Marketplace. Call Julie at 442-9244 ext. 127 for information or to schedule an appointment.

Fun Run and Walk



*Sponsored by: Helena Indian Alliance & Leo Pocha Clinic
Diabetes and Tobacco Prevention Programs*

Where: Lewis & Clark Fairgrounds—the red pavilion bldg.

*When: Saturday September 30th at 10:00am
(Registration will begin at 9:30am)*



T-shirts, prizes and snacks will be provided.

Contact info: 406-442-9244 ext. 103 Venessa or 115 Jessica

Helena Indian Alliance

Blood Pressure



Free Walk-In Blood Pressure Clinic

**Thursday,
September
7th
8:30 am to
12:00 pm**



501 EUCLID
Helena, MT 59602

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

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, blindness or kidney disease.**

- Please take 15 minutes out of your day so we can check your blood pressure.
- Educational materials provided.

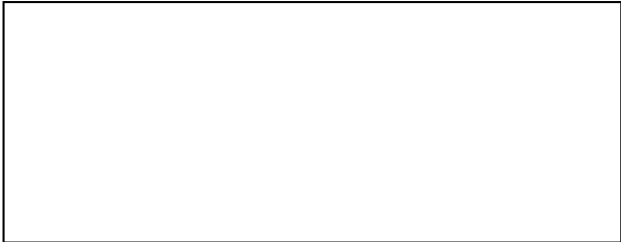
BLOOD PRESSURE

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





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



**Big Sky Meeting is on September 13th at 5:30 pm
Board meeting will start after.**