



BUFFALO GRASS NEWSLETTER

Quarterly

December 2015

Message from the Director

I would like to take this opportunity to wish you a Happy Holiday Season and a Blessed New Year!! Another Year has flown by us and here we are looking at 2015 in the eye. Yes, it's time to make resolutions again. Think of Missoula Indian Center (MIC) when you do and how you might want to volunteer at our community events and activities or how you can give back to the community thru MIC. I would like to invite you to our SOUP & POTLUCK FRIDAYS this Winter, MIC will provide Soup and you can bring whatever food item you want to share:

January 23rd 12:00 p.m. to 1:00 p.m.

February 20th 12:00 p.m. to 1:00 p.m.

March 13th 12:00 p.m. to 1:00 p.m.

This will be your opportunity to share ideas or come find out what's HAPPENING at Missoula Indian Center or just visit and meet new Natives in the community. Looking forward to seeing you all in January.

Your Director,

LeeAnn Bruised Head Johnson

Big Lodge Clan and Child of the Whistling Water

Member of the Crow Tribe and Descendent of the Bloods of Alberta

Mission Statement:

Serve as a respectful gathering place, welcoming Indian families from all Nations, developing a strong, supportive Indian community by building collaborations and promoting healthy family activities. To support Indian families to identify opportunities and resources to thrive and be healthy. To support Tribal traditions to maintain comfort and belonging at home and in the city. To promote wellness by offering opportunities for: Emotional, Mental, Physical, & Spiritual Healing.

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MIC Staff & Board of Directors Christmas Party



Gathering of Generations for Good Medicine Group playing double ball

Gathering of Generations for Good Medicine

Each Thursday from 3p-7p, our Indian youth gather at the City Life Christian Community Center. This afterschool program started October 2014 and will run through May 2015 with the goal of increasing healthy choice options for our youth and families by promoting cultural strength/resiliency and pride through culturally relevant educational curriculums focused on alcohol and substance abuse prevention. Some of the activities that are currently happening are :

- Drumming, beading, stick game, and traditional games
- Re-ball 2x per month
- Video consoles
- Access to computers
- Pool, foosball, air hockey and table tennis
- Quarterly family activity

Our community collaborators include Missoula County Public Schools Indian Education for All, Title VII Parent Advisory Committee and City Life. This is made possible by a Community Based Organization (CBO) County Grant for Substance Abuse Prevention.

Dana Kingfisher, ASA/Tobacco Program Coordinator

MONTANA TOBACCO



Choose Success in 2015; Call the Montana Tobacco Quit Line!

Every New Year's Eve, thousands of people across Montana resolve to improve their lives, vowing to give up their bad habits in exchange for healthy lifestyles. The Montana Tobacco Quit Line wants to assist people who attempt to quit tobacco and has a free program designed for all Montanans. The Quit Line celebrated a 10-year anniversary this past year; over 80,000 people have called since it was launched, and many achieved the success they were striving for. The Quit Line also expanded access by way of a new enrollment website, www.QuitNowMontana.com, with over 15,000 people visiting the website in 2014. The Quit Line will offer up-to 8 weeks of free nicotine replacement therapy (gum, lozenges or the patch) to enrolled callers.

In addition, the Quit Line is also offering financial assistance with other non-nicotine pharmaceutical quitting products. The Quit Line will help provide Chantix for the new low price of \$25 per month and Bupropion (aka Zyban) for \$5 per month, with a prescription from the enrollee's medical provider.

The Montana Tobacco Quit Line is a free service available to all Montanans who would like to quit using tobacco products. Calling the Quit Line is toll-free at 1-800-QUIT NOW (1-800-784-8669), or visit the website at www.QuitNowMontana.com to enroll. Make your New Year's resolution today.

Fitness Corner

Trilanda No Runner here, hope you all had a Great Thanksgiving! I'm proud to say I've been with the Center for almost 3 years. I love working with my co-workers, they are great and very hard workers. Not only do I work for a Great company, I also work Youth along with Dana Kingfisher at different Middle Schools for 6 weeks.

I also teach classes at Access Fitness, and Sub classes at the Missoula YMCA. During the Summers Nate Tucker, Starlite Night Gun, and I have an Athletic Development Academy for youth/teens. Sign-up will open up during the summer hours for all Registered Children/teens that are 8-17 yrs. Old. Once they complete 75% of the ADA they will receive a N7 Shirt along with N7 shoes.

MIC Staff

Executive Director LCDR
LeeAnn Bruised Head-
Johnson, MPH; USPHS
Commissioned Corps Officer

Executive Assistant/Human
Resources
Alice Whiteman, MPA

Front Office Coordinator
Cheryl Cadotte, BS

Clinical Coordinator
Starlite Night Gun, BSN RN

Diabetes Coordinator
Cherith Smith, PharmD

Community Health Promo-
tion Specialist
Nate Tucker, MS

Fitness Technician,
Trilanda No Runner

Chemical Dependency
Counselor
Kathy Little Leaf, BSW LAC

CD Data Specialist
Lydia Silva, BS

Behavioral Health Clinical
Supervisor
Tim Payne, LCSW LAC

ASA/Tobacco Program
Coordinator
Dana Kingfisher, AAS

Accounts Team Manager
Troy Wilson, CPC

Accounts Payable
Melissa Hammett, MEd

Accounts Receivable
Jennifer St. Goddard, BS

Transportation
Ernie Cut Finger

Fellowship from the Mission
Continues
Kim Dixon, BA

The Affordable Care Act & American Indians & Alaska Natives (AI/AN)

Members of federally recognized tribes and Alaska Native Claims Settlement Act (ANCSA) shareholders can enroll in the Marketplace, and they can change plans up to once a month.

Special Marketplace protections and benefits for AI/AN

- The Health Insurance Marketplace benefits AI/AN by providing opportunities for affordable health coverage.
- This coverage can be through private health plan bought in the Marketplace, Medicaid, or the Children's Health Insurance Program (CHIP)

Members of a federally recognized tribe and ANCSA Corporation Shareholders

- If you buy private insurance in the Health Insurance Marketplace and your income is up to around \$70,650 for a family of 4, you can enroll in a zero cost sharing plan. This means you won't have to pay out-of-pocket costs like deductibles, copayments, and coinsurance when you get care. If your income is above \$70,650 for a family of 4, you can enroll in a limited cost sharing plan and pay no out-of-pocket costs when you get services from an Indian health care provider (**closest Indian Health Service facility: THHS St. Ignatius**)
- **You can enroll any time.** You can enroll in a Marketplace health insurance plan any month, not just during the yearly Open Enrollment period.

AI/AN, and others eligible for services from IHS, tribal program, or urban Indian health program

- You may qualify for Medicaid and CHIP more easily.
- You don't pay out-of-pocket costs for Indian health programs. Regardless of income, you won't have any out-of-pocket costs for IHS, tribal programs, or urban Indian programs
- You don't have to pay the penalty. If you don't have health insurance, you won't have to pay the fee that most other people without health insurance must pay.

IHS and Marketplace insurance

If you enroll in a private health insurance plan through the Health Insurance Marketplace:

- You can get (or keep getting) services from IHS, tribal health programs, or urban Indian health programs.
- You can also get services from any providers on the Marketplace.

Behavioral Health Program

Colleen O'Connor Osgard has resigned from the Missoula Indian Center. We will miss her greatly. We would like to extend a warm welcome to Eric Adreon, LAC-E to the MIC staff. The CD program is in the process of compiling a wait list for CD OP and IOP services. The Mental Health program continues to offer individual therapy for referrals.

6 Things That Can Worsen Depressions

Integrate frequent headlines to announce different sections of your story. Consider writing your content in a personal tone, in the same way you might talk to someone sitting across from you at a restaurant.

Stress: Resist the tendency to take on too much at home, work or school.

Sleep: Making sure the structure of your sleep cycle is predictable and sound will help keep depression symptoms from worsening.

Food: Trans unsaturated fatty acids, alcohol, too much caffeine, foods high in sugar, and simple carbohydrates can increase depression risk.

Toxic people: Have people in your life who are affirmative, nurturing and accepting of who you are.

Media: Upsetting and disturbing news and stories can exacerbate depression.

Anniversary reactions: Look at dates on the calendar to raise your awareness of any emotional days that may be coming up.

(psychcentral.com)

Missoula Indian Center
830 W Central
Missoula, MT 59801

Upcoming Activities:

- First Nations First Night Dec. 31st
- City Life restarting on Jan. 8th from 3p-7p
- 1st Soup Friday Jan. 23rd from 12p-1p
- Q&A for Indian Land Owners at MIC Jan. 29th from 11a-1:30p
- Celebration on the Hill in Helena Feb. 16&17 for youth ages 13-18

PLACE
STAMP
HERE