

GOOD HEALTH & WELLNESS IN INDIAN COUNTRY NEWSLETTER



Fall 2017

MEET OUR TEAM



Left to Right:

Sonya Big Leggins
Program Coordinator

Pharah D. Morgan
Program Director

Anna Schmitt
Evaluation Specialist

Arlana Farwell
Tobacco Coordinator

Good Health & Wellness Mission:

We Promote a Multi-dimensional,
Unique, and Diverse Approach to
Chronic Disease Management and
Prevention by Drawing on the
Strengths and Positive Aspects of
American Indian Communities,
People, and Culture.

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▶ GOOD HEALTH & WELLNESS ◀

HEALTHY LIFESTYLES CONFERENCE A SUCCESS

Grief, Loss, Forgiveness, and Healing Training, March 20-22, 2017 in Billings, MT. Healing Tribal Communities facilitated by Dr. Clayton Small of Northern Cheyenne. Conference attendees received three full days of tribal capacity building, community action planning, presentations on multigenerational trauma, peer mentorship, chronic disease trends regionally, and healing strategies. Tribal members from Montana and Wyoming became certified trainers utilizing the Good Road of Life (GRL): Native Families created by Native Hope. The GRL curriculum is federally recognized with a cultural and resilience-based approach to healing.



*Ravens Clan Community Action Planning
L-R: Manuela Twitchel, Patricia Young Running Crane,
Alan Ostby, Valarie Falls Down, Christy Calf Boss Ribs*



Left to right : David Espey (CDC), Mike Geboe (CHEER), Ursula Bauer (CDC), Sonya Bigleggins (GHWIC), Katherine Reddy (CDC), Anna Schmitt (GHWIC), Graydon Yatabe (CDC), Anne Merewood (CHAMPS), Pharah Morgan (GHWIC), and Mike Andreini (GHWIC) at Bison Creek Ranch near the Blackfeet Reservation

BREAST FEEDING TRAINING AT ROCKY BOY

Camie Jae Goldhammer, a contractor for Communities and Hospitals Advancing Maternity Practices (CHAMPS) held a free, hands-on training to support breast feeding mothers at Stone Child College August 10th and 11th. The four-hour course covered basic clinical skills to support breast feeding such as skin-to-skin practices, how to breast feed, and safe formula preparation.

Similar trainings were also held on the Blackfeet Reservation and in Havre, MT. If you are interested in breast feeding training, or want to know more about how to make your community breast feeding friendly, please contact Sonya Big Leggins at sonya.bigleggins@rmtlc.org.

WELCOMING VISITORS: THE CDC COMES TO INDIAN COUNTRY

This past June, various CDC staff, including Dr. Ursula Bauer, Director of the CDC's National Centers for Chronic Disease and Prevention, came to the Blackfeet Reservation to garner a closer perspective into the life and environment of one of their awardee communities. Activities included a visit to the Browning cultural center, learning traditional Native games, and a close-up encounter with the local "ini" (buffalo). Many introductions were made between the honored guests and Blackfeet community leaders and coalitions. Overall the visit was a great learning experience for all involved and we hope to see our CDC counterparts back in Indian Country sometime soon.

TOBACCO

TOBACCO SIGNS ARE HERE

No smoking signs were given to the Montana American Indian Tobacco Prevention Specialists on each reservation and urban area. Signs were designed by the Little Shell Tribe and printed by RMTLC. The sign has the Nicotiana plant to represent traditional tobacco with the words “No Smoking, Keep Tobacco Sacred.” The goal is to respect the sacred use of traditional tobacco and to differentiate traditional tobacco from commercial tobacco. These signs are a great step to reduce smoking. Keep an eye out for the signs on your reservation!



TOBACCO EVENT AT NORTHERN CHEYENNE

As part of the GHWIC grant, RMTLC hosted a cessation training for the Northern Cheyenne Tobacco Prevention Program. The goal is to provide cessation training for local community members as a way to increase local cessation services and promote the state quit line. The training includes; Tobacco 101, 5 A's, Motivational Interviewing, and Quit Coaching techniques. RMTLC has hosted these training for the following tribal communities; Northern Cheyenne Tobacco Prevention Program, CSKT Tobacco Prevention Program, Missoula Urban Center Tobacco Prevention Program, Blackfeet Tobacco Prevention Program, and the Helena Indian Alliance Tobacco Prevention Program. If you are interested in a training contact Arlana Farwell at arlana.farwell@rmtlc.org.



TRADITIONAL AND COMMERCIAL TOBACCO

Nicotiana (tobacco) is our sacred plant and is part of many tribal creation stories, a gift to our People. She provides messages to the Creator, medicinal healing, clarity, cleansing of negativity, and a gift of thanks to our Mother Earth. The message of the five star flower is to believe in yourself, as each individual is a five star in this universe.



Nicotiana glauca—
Our Sacred Plant

Commercial tobacco is a mass-produced, modern product, created by corporate companies for the purpose of making a financial profit. They take the plant, alter its properties, and add chemicals to create an addictive product that, if used as directed, can seriously damage your health and even lead to death.

UPCOMING EVENTS



DIABETES PREVENTION PROGRAM (DPP) SET TO START ON THE BLACKFEET RESERVATION

The Southern Piegan Diabetes Program (SPDP) in Browning, Montana is launching the CDC's Diabetes Prevention Program (DPP) with funding and technical assistance from the Rocky Mountain Tribal Leaders Council's Good Health and Wellness in Indian Country (GHWIC) program.

The DPP is an evidence-based behavioral change program, developed by the Centers for Disease Control and Prevention, to prevent Type 2 Diabetes among those at highest risk of developing the disease. The first group is set to start in September 2017. Sessions will be led by trained facilitators from the community to ensure that conversations, activities, and support are delivered in an authentically culturally relevant way. Sessions will include information on how to healthily monitor food consumption, guidance on becoming more physically active, mental health tips, and more.

If you are interested in participating in the DPP classes please contact Michelle Brown at (406)338-7907.



Blackfeet DPP team (Left to Right):

Michelle	Christy	James	Kirsten
Brown	Calf Boss Ribs	Evans	Krane

SOCIAL MEDIA AND DIGITAL STORYTELLING TRAINING

Jaynie Parrish of Parrish Digital will be holding a training on social media management, how to use your phone effectively for media purposes, and digital storytelling as a way to share our culture of storytelling. For more information or to register for this event please contact Arlana Farwell at arlana.farwell@rmtlc.org or Sonya Big Leggings at sonya.bigleggings@rmtlc.org.

When: September 21st & 22nd, 2017

Where: Best Western Clock Tower Inn, Billings, MT

Who: Montana and Wyoming Tribal members, Tribal Health Departments, Tribal Health Staff, and any other organization serving American Indians.

HEALTHY TIDBITS

The Montana DPHHS American Indian Tobacco Prevention Specialists are doing great work on the Montana reservations and urban areas to reduce commercial tobacco use while respecting the cultural sacredness of traditional tobacco.

Blackfeet—Nadine Little Plume
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Confederated Salish & Kootenai—
Amelia Adams
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Crow—Sampson DeCrane
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Fort Belknap—Diana Bigby
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Fort Peck—Dennis Four Bear,
Tribal Health Director
(406)768-220 d.foubear@fortpecktribes.net

Helena Indian Alliance—Quincy Bjomberg
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Little Shell—Kati Antonich
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Missoula Urban Indian Health Center—
Dana Kingfisher
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Northern Cheyenne—Rick Wolfname
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Rocky Boy—Theda Morsett
(406)395-4486 tmorsett@rbclinic.org

American Indian Cultural Consultant—
Charleena Penama
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HEALTHY SNACK ALTERNATIVE

For a sweet but healthy alternative try:
Popcorn (no butter, low salt) with a sprinkling
of dark chocolate chips.

DID YOU KNOW?

Popcorn is a Whole Grain
AND
Dark Chocolate is Healthier than Milk Chocolate
Enjoy in Moderation.



PHYSICAL ACTIVITY TIP

You can be active even while watching TV!

- ♦ Sit up with your back straight and tummy tight
- ♦ Stretch on a blanket
- ♦ Walk in place
- ♦ Do strength training exercises like crunches or leg lifts
- ♦ Get rid of the remote control and stand up to change the channel
- ♦ Instead of asking someone for a drink or snack, get up and get it for yourself

For more great ideas check out:
healthyforgood.heart.org

TRADITIONAL RECIPES

BUFFALO CHILI

1 lb ground buffalo meat
 2 large onions, chopped
 2-4 cloves garlic, minced
 2 (8 oz) cans no-salt-added tomato sauce
 1 1/2 cups water
 3 tbsp chili powder
 1/8 tsp cayenne pepper
 1 tsp ground cumin
 1 tbsp fresh oregano or 1 tsp dried oregano
 Ground pepper to taste
 1/2 tsp salt (optional)
 2 (15 oz) cans pinto beans, rinsed and drained
 2 tbsp cornstarch
 1/4 cup cold water

Heat a skillet over medium-high heat. Add ground meat and sauté, stirring occasionally 4 to 5 minutes, or until meat is no longer pink. Pour contents of pan into a strainer or colander lined with paper towels. Allow fat to drain out.

In a saucepan, heat oil over medium-high heat. Add onions and sauté 2 to 3 minutes or until translucent. Add meat, garlic, tomato sauce, and 1 1/2 cups of water. Simmer 20 minutes. Stir in spices and pinto beans. Allow to thicken and cook an additional 30-40 minutes. Combine cornstarch and cold water. Stir into chili mixture to thicken, and cook an additional 3 to 4 minutes. Serve hot. Serves 6.

Native Cookbook. (1998). Berkeley: Center for American Indian Research and Education, p.18.

If you would like a copy of the Native Cookbook, or other healthy and Traditional resources for adults and children, please contact Sonya Big Leggins at sonya.bigleggins@rmtlc.org.



Blackfeet Nation Bison Reserve

STUFFED ACORN SQUASH

4 acorn squash
 1 cup onion, minced
 1 cup celery, minced
 1 cup green peppers, minced
 1 cup mushrooms, minced
 2 cups brown rice
 2 cups shredded cheese
 1 tbsp dried parsley flakes
 1 tbsp ground thyme
 1 tsp pepper
 1 tsp paprika
 2 tbsp olive oil
 Salt to taste (optional)



Preheat oven to 375°F. Cut squash in half and scoop out seeds. Place squash cut-side-down in baking dish and pour enough hot water to cover 1/4 inch of the pan. Cover with foil and roast until very soft, 30 to 50 minutes. While squash is roasting cook minced vegetables and rice. Mix veggies, rice, spices, and 1 cup cheese together. Flip cooked squash halves, rub insides with olive oil, salt, and pepper. Fill halves with filling, re-cover pan with foil, cook for additional 15-20 minutes, or until hot and bubbly. Sprinkle 1 cup cheese on top and serve hot.

CONTACTS



GHWIC PROJECT CONTACTS:

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