



Issue #15 | April, 2024

Butte Native Wellness Letter

Empowering our community by providing high-quality healthcare that honors ancestral wisdom, culture, and tradition.



Indigenous Meal Kits

We at Butte Native Wellness Center (BNWC) were thrilled and honored to have been featured on the front page of Montana Standard. The spotlight was on our successful Indigenous Meal Kit Program, made possible by a generous grant from First Nations Development Institute. Since January 24th, our program has distributed an incredible 1,423 pounds of food. This achievement highlights our commitment to supporting the health and well-being of our community. None of this would have been possible without the hard work and dedication of our team. Their commitment to our mission is truly inspiring, and we are grateful for their tireless efforts. As we continue our work at BNWC, we are excited to see the positive impact of our Indigenous Meal Kit Program and other initiatives in the community. Thank you to Montana Standard for shining a light on our work, and thank you to our team and supporters for making it all possible.

What's on the menu?

Two recipes will be featured this month: One Pot Bison Dinner and Bison Butternut Lasagna. Kits can be picked up every Thursday from 9am-12pm and 1-4pm, or until we run out of kits.

Community Health Needs Assessment 2024

BNWC is gearing up to conduct another Community Health Needs Assessment, and this time, we want to hear directly from our community about how they would like to be surveyed. This assessment is a crucial step in understanding the health needs and priorities of our community, and your input is invaluable in shaping our approach.

We understand that everyone has different preferences when it comes to participating in surveys, which is why we are seeking your feedback. Whether you prefer online surveys, phone interviews, mailed surveys or other methods, we want to ensure that the assessment is accessible and inclusive for all members of our community.

Call 406-782-0461, email info@buppenwc.org, or send us a message on Facebook/Instagram (@buppenwc.org) to let us know how you would like to be surveyed.

Home Blood Pressure Monitoring Program

BNWC has launched a Home Blood Pressure Monitoring Program. This program aims to empower individuals with hypertension or those being evaluated for hypertension to take control of their health by monitoring their blood pressure in a familiar and comfortable environment. Regular monitoring can help individuals and their healthcare providers better manage hypertension and make informed decisions about their health.

Call 406-782-0461 to make an appointment to discuss your eligibility for the program.

Graduation

We're excited to invite our American Indian and Alaska Native high school and university seniors to adorn their graduation caps with eagle feathers. To receive feathers, students will need to provide proof of enrollment, as only enrolled members are allowed to receive and possess eagle feathers according to the law. If you are a graduating senior who would like enrollment assistance, BNWC is happy to help. Additionally, for those interested in adding a personal touch to their graduation attire, we're offering guidance on beading their own graduation cap and gown. For more information, stop by our center or email our Cultural Specialist at twilliamson@buppenwc.org.

A Safe St. Patrick's Day

In preparation for St. Patrick's Day, BNWC took proactive measures to promote safe practices by distributing external, internal, and specialty condoms to bars in the uptown area the Friday before the festivities.

Condoms are always available to the public at BNWC, free of charge. We strive to make sexual health resources easily accessible to everyone, emphasizing the importance of safe practices and regular screenings.

Lived Experience Advisory Committee

BNWC is part of the Lived Experience Advisory Panel (LEAP), a group dedicated to amplifying the voices of individuals who have experienced homelessness. LEAP strives to create a platform where these voices can be heard, valued, and utilized to drive positive change in our community.

LEAP meets every first and third Tuesday of the month at 12 pm at BNWC. During these meetings, panel members share their stories, insights, and perspectives on homelessness, offering invaluable firsthand knowledge to guide local programs and initiatives.

LEAP is currently seeking individuals with lived experience of homelessness to join the panel and help shape the future of our community. If you or someone you know is interested in joining LEAP, please attend our next meeting or contact us at leapbutte@gmail.com.

MARK YOUR CALENDAR

Every Thursday : Indigenous Meal Kit Pick-Up at BNWC, 9-12pm and 1-4pm @ BNWC

Every Thursday : Beading workshop, 10am-12pm @ BNWC

Every Friday : Beading workshop, 1-3pm; every third Friday (April 19), beading is at 10am-12pm @ BNWC

Tuesday, April 9th: Drumming Circle, 6pm @ BNWC

Friday, April 19th: Traditional Medicine Presentation, 2-4pm @ Online

Wednesday, April 17th: Diabetes Support Group, 6pm @ BNWC

Tuesday, April 23rd: Supper & Stories, 6pm @ BNWC