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Issue #1 | Feb, 2023

# The Butte Native Wellness Letter

## MEET OUR CULTURAL SPECIALIST

You might already know **Terryn Williamson** as our Care Navigator, and we are happy to announce that she is now our Cultural Specialist as well! Terryn was born and raised on the Blackfeet Reservation in Browning, Montana. She is an enrolled member of the Blackfeet tribe and maintains traditional Blackfeet Native American beliefs. As our Cultural Specialist, Terryn is able to further serve our patients by incorporating holistic practices of the medicine wheel, smudging, herbal medicine-making, etc., into our wellness programs.

Terryn hopes to lead a beading class at the BNWC in the spring.

## JANUARY HIGHLIGHTS



### AISES at MT Tech

The American Indian Science and Engineering Society has started a new chapter at Montana Tech! The BNWC is so excited to help out and support American Indian students in STEM.

**Contact:** Rylee Mitchell (President), [rmitchell@mtech.edu](mailto:rmitchell@mtech.edu); Kristen Wanke (Advisor), [kwanke@mtech.edu](mailto:kwanke@mtech.edu)



### Herbal Pharmacy

The Butte Native Wellness Center has an Herbal Pharmacy, led by our Cultural Specialist. The herbal pharmacy includes: sage, sweetgrass, lavender, tobacco, mullein, osha and cedar. All of which have different healing properties. Call our clinic for more information.



### Open House

Thank you to everyone who came to our Open House on January 19th. We were thrilled to see new and familiar faces. We look forward to having a presence in this community and to further engaging with you all.

# FEBRUARY

## HAVE A HEART FOR KIDS

On February 3rd, Terryn joined Zero to Five's *Have a Heart for Kids* event where she shared her story with state legislators in an effort to ask that they invest in services and supports essential to families such as: early learning and literacy, child care, tax credits, and long-term funding solutions that work for Montana families.

*"I am an advocate for single-parents in the state of Montana. [...] I spoke my truth because I believe everyone deserves to be heard. Everyone has a voice. And during my visit to the state capitol, I made my voice heard."*

-Terryn Williamson



### One Pill Can Kill Campaign

The Butte Native Wellness Center is honored to join the One Pill Can Kill campaign that strives to keep Butte safe by highlighting the dangers of fentanyl. If you or anyone you know has been impacted by fentanyl and are willing to share that story, please contact us to participate in the campaign.



### Insurance Statements

It has come to our attention that our patients have been receiving insurance statements for care received at the Butte Native Wellness Center (BNWC). We would like to assure our patients that, although they might look like invoices, the statements for services received at BNWC are informational only. Please call our clinic for more information.



### Food Pharmacy

The Butte Native Wellness Center has a Food Pharmacy stocked with diabetes-friendly foods as part of our Diabetes Program. This service is available to our patients with diabetes who are looking to improve their diet. Call our clinic for more information.

## MARK YOUR CALENDAR

### Wednesday, February 15th: Drumming Circle @ 6pm

Our drumming circles consist of 4 small sessions thanking each direction, North, South, East, and West for their gifts. Everyone is welcome to this free event, even if you have never drummed before.

### Tuesday, February 28th: Supper & Stories @ 6pm

Join us for this free event where we eat culturally relevant foods and listen to Native American tales.

**\*\*All of our events are family-friendly and drug/alcohol-free\*\***