

Butte Native Wellness Letter



New Program: Indigenous Meal Kits

We're excited to announce the launch of our Indigenous Meal Kit program at Butte Native Wellness Center (BNWC) ! Every Thursday, for a limited time, we'll be distributing these kits at the center. Each kit contains wholesome ingredients indigenous to the Americas, along with recipes for delicious and nutritious meals at home. It's a great way to honor indigenous heritage while enjoying a tasty meal. Please note that there are a limited amount of kits available each week, and they will be distributed on a first-come, first-serve basis. These kits are available for anyone in the community to pick up and enjoy at no cost. Make sure to stop by early to secure your kit!

February Kit Ingredients : Aztec Turkey Quinoa Burgers

- Ground Turkey
- Quinoa
- Green Onions
- Kale
- Buns
- Cumin
- Oregano
- Chili Powder
- Chipotle Chili in Adobo

Gardening Series

Explore the wonders of gardening with our upcoming series of workshops at BNWC! Join us for an enriching experience that will help you cultivate your green thumb and grow your knowledge about sustainable gardening practices.

On February 8th at 6pm, we're hosting a "Gardening in Butte" workshop led by John Wallace from the National Center for Appropriate Technology. Discover valuable insights into growing food in Butte, including sustainable and cost-effective methods for improving soil quality and cultivating a variety of nutrient-dense vegetables suitable for Southwest Montana. Topics will include garden planning, seed saving, and food preservation.

Then, on February 22nd at 6:30pm, the Butte Public Library (BPL) and Park Street Community Garden will join us for a "Seed Library" workshop. Learn about the Butte Seed Library at BPL, where you can check out seeds in spring and contribute back to the library at the end of the season, creating a local, organic seed source tailored to our climate.

Don't miss out on these educational opportunities to enhance your gardening skills and connect with our community. Join us at BNWC for these inspiring workshops and let's grow together!



Joslin Vision Network Teleophthalmology Program

American Indians and Alaska Natives (AI/AN) have a higher risk of diabetes, which can lead to diabetic retinopathy and vision loss. However, timely detection and treatment can prevent most severe cases. Sadly, only half of AI/AN with diabetes get the yearly eye exam they need.

To address this, the Indian Health Service-Joslin Vision Network (IHS-JVN) Teleophthalmology Program offers cost-effective, high-quality annual diabetic eye exams using telemedicine. This program has significantly reduced diabetes-related vision loss and blindness among AI/AN by improving adherence to care standards.

Butte Native Wellness Center is proud to provide this essential service, ensuring the well-being of our community.

Opioid Needs Assessment

BNWC is collaborating with the National Council of Urban Indian Health (NCUIH) for an opioid needs assessment aimed at understanding and addressing drug overdose prevention in Urban Indian communities. This effort involves de-identified data collection, leading to a comprehensive report with recommendations. BNWC looks forward to participating in this important initiative and contributing to the collective efforts to address substance use treatment and overdose prevention challenges in Urban Indian communities.

Beading Hearts Workshop



Butte Native Wellness Center is excited to announce our collaboration with The Historic Clark Chateau to bring you "Beading Hearts," a special Valentine's-themed beading class. Join us on February 6th from 5-7pm at The Historic Clark Chateau for an evening of creativity and fun as we bead heart keychains. Don't miss this opportunity to express your creativity and make something special for yourself or a loved one. See you there! Register via the QR code or through the link: <https://bit.ly/3OfYQ2u>

Butte-Silver Bow Behavioral Health Local Advisory Council (LAC)

Recently, BNWC's Behavioral Health Nurse Practitioner, Hope Hollingsworth, presented on primary care, behavioral health, substance use treatment, and cultural services, highlighting our harm reduction kits and naloxone training. BNWC will continue to collaborate with LAC as regular attendees of monthly meetings and helping to plan the community Wellness Fair this spring.

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 (Feb 16), beading is at 10am-12pm @ BNWC

Tuesday, February 6th: Beading Hearts, 5-7pm @ Clark Chateau

Thursday, February 8th: Gardening in Butte Workshop, 6pm @ BNWC

Tuesday, February 13th: Drumming Circle, 6pm @ BNWC

Friday, February 16th: Traditional Medicine presentation, 2-4pm @ Online (Link to be released on social media)

Wednesday, February 21st: Diabetes Support Group, 6pm @ BNWC

Thursday, February 22nd: Seed Library Workshop, 6:30pm @ BNWC

Tuesday, February 27th: Supper & Stories, 6pm @ BNWC

Thursday, February 29th: Book Club, 6pm @ BNWC