



Issue #12 | January, 2024

Butte Native Wellness Letter



Happy New Year!

As we step into a new year filled with hope and possibilities, Butte Native Wellness Center extends its warmest wishes to our patients and community. May this year bring you good health and happiness. We are grateful for your continued trust and support and look forward to serving you with dedication and care in the coming year.

Warm regards,

Butte Native Wellness Center Team

Virtual Presentation : Traditional Medicine

Butte Native Wellness Center is excited to announce our partnership with the Little Shell Tribe to bring you a series of virtual presentations on our Herbal Pharmacy. Led by our esteemed Cultural Specialist, Terryn Williamson, these sessions will delve into the significance of indigenous herbs in Native American culture.

In the first session on January 19th, 2023, from 2-4pm, Terryn will introduce the Herbal Pharmacy as a whole and then focus on two essential herbs: Sweetgrass and Sage. These plants hold deep cultural importance, and Terryn will share insights into their traditional uses and significance within Native American communities.

This virtual event is open to the public and marks the beginning of a monthly series, with future sessions occurring every 3rd Friday of the month. Join us as we embark on this enriching journey into the world of Native herbal medicine.

Follow us on social media and stay tuned for more details on how to join this insightful presentation!



Strategic Planning

Butte Native Wellness Center will be closed for strategic planning on January 25th and 26th. This session will involve the participation of the Board of Directors and all staff members. The facilitators for this event will be Jennifer Wolf and Shatta Mejia from Project Mosaic, who are renowned for their expertise in strategic planning, economic development, communications strategies, evaluation, and community engagement. Project Mosaic specializes in working with Native American nonprofits, tribal and education entities, incorporating Indigenous methods and best practices into their projects to benefit communities.

Cervical Health Awareness Month

As we observe Cervical Health Awareness Month this January, Butte Native Wellness Center wishes to emphasize the significance of cervical health for our patients. We want to remind you that we offer HPV vaccines and tests, as well as Pap tests as part of our comprehensive care services. Regular screenings are essential for early detection and prevention of cervical health issues. Call 406-782-0461 to make an appointment with our Nurse Practitioner.

Seed Library

In partnership with Butte Public Library and Park Street Community Garden, BNWC will be hosting a class on seed sorting and garden starting on February 22nd at 6pm. Butte Public Library will share insights into the Butte Seed Library, a unique system where seeds are checked out in spring and returned at the end of the season to foster an organic, local, climate-specific seed source. Mark your calendar and join us to learn about garden planning and the basics of getting started.

Naloxone Training



In December, the staff at BNWC underwent naloxone training, recognizing its vital importance for saving lives. We want to encourage everyone to consider completing this training. To facilitate this, BNWC is offering a free naloxone training session on January 19th from 2-3pm. Naloxone training equips individuals with the knowledge and skills to respond effectively to opioid overdose emergencies, potentially saving lives in their communities. To register for the training, please follow the QR code or visit the link: <http://bit.ly/3vdcPzq>

Book Club

As we gear up for another exciting year of reading and learning together, we are thrilled to announce that our February book club pick is in your hands! We are reaching out to you to help us choose the perfect book for our next gathering. Our book selection focuses on works by Native American authors, featuring Native American characters and themes.

To cast your vote and/or suggest a book, follow the link/QR code or visit our Facebook page to view the poll. You may also send a book suggestion to us via e-mail or social media. Link: forms.gle/T2uovcA89qPkVxSWA

MARK YOUR CALENDAR

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

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

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

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

Friday, January 19th: Traditional Medicine presentation, 2-4pm @ Online (Link to be released on social media)

Friday, January 19th: Naloxone Training, 2-3pm @ BNWC (Registration required)

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