



Issue #17 | June, 2024

Photo credit: Amy Baldry. Anchorage, AK. 2024.

Butte Native Wellness Letter

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

Visit to Southcentral Foundation



In May, Butte Native Wellness Center's (BNWC) team members, accompanied by Alex Potter (MCUIH) and Vanessa Tibbitts (Montana Primary Care Association), participated in a site visit at Southcentral Foundation in Anchorage, Alaska to learn about the Nuka System of Care, a relationship-based, customer-owned approach to integrated healthcare. As part of our strategic planning, BNWC learned about traditional healing, integrated care, elder and youth program development, data management, workforce development, and other strategies to expand our programs and ensure we offer quality services.

Team Update

Abbey Adkison - Administrative Health Specialist

We are excited to welcome Abbey Adkison as our new Administrative Health Specialist. Abbey was born in Butte and raised on a sheep ranch in the Highland Mountains. She graduated from the University of Montana with a degree in Native American Studies. Abbey's local roots and academic background make her a wonderful addition to our team.

Caitlynn Gallagher - Nurse Manager

Caitlynn began her journey at BNWC as the Clinic RN and has recently transitioned to the role of Nurse Manager. She is excited about her new role and looks forward to continuing her work in supporting the AI/AN community. Her commitment and expertise make her a great fit for this leadership position.

Mariah Randall - Care Manager

Mariah initially joined our team as our Administrative Health Specialist, where she got to know everyone who walked into the clinic. Her ability to connect with patients and understand their needs in her previous role is now a valuable asset as she steps into managing their care.

Teresa Diamond - Clinic RN

We welcomed Teresa as our new Clinic RN. Teresa has extensive experience, having worked predominantly in the ICU until 2016, as well as in Ambulatory, Clinic, Emergency Department, and Urgent Care. Her diverse nursing background and commitment to patient care make her a valuable addition to our team.



Tips : Heart-Healthy Eating

- Eat plenty of fruits, vegetables, whole grains, low-fat dairy, poultry, fish, and nuts.
- If you eat meat:
 - Limit fatty red meat. Choose buffalo, moose, elk, deer, or caribou when you can.
 - Eat fish twice a week. Salmon, sardines, and tuna contain "good" fats.
- Decrease how much salt you use. Check the Nutrition Facts label for the amount of sodium (salt) on packaged and fast foods. The recommended daily amount for sodium is 2300mg.
- Limit sugary foods and drinks.
- Grill, stir fry, bake, boil, roast, or slow cook food.

Source: [ih.gov/diabetes](https://www.ih.gov/diabetes)

Teen Summer Program

We are thrilled to announce the launch of BNWC's Teen Summer Program, designed to empower and engage our young community members. By attending this program, youth aged 10-18 will have the opportunity to take cooking classes with our Registered Dietitian, and/or take sewing and beading classes with our Cultural Specialist. The program may also include college-readiness components, including MedStart, a health career exploration, financial literacy workshops, and a look at Montana Tech's American Indian Science and Engineering Society (AISES) - preparing teens for their future educational pursuits.

Stay tuned for more information about youth programs for children 0-9 years old. Please reach out if you have any questions: info@butternw.org.

Wellbriety Talking Circle



BNWC is offering Wellbriety Talking Circles every Monday for men and every Tuesday for women from 2-4pm, starting June 3rd and June 4th respectively. Wellbriety is a holistic approach to addiction recovery that focuses on healing the mind, body, and spirit. The term combines the words "wellness" and "sobriety", and is based on the idea that healing from addiction requires addressing the underlying issues that contribute to substance-use. Talking Circles will be led by BNWC's Cultural Specialist, Terryn Williamson.

Recap: Wellness Fair



BNWC was pleased to participate in the Wellness Fair on May 11th. Thank you to all the organizations that attended and helped organize this event - it was a great success. We would also like to recognize the coalitions we collaborate with, including Disability Action Network, Coordinated Entry, Crisis Now Coalition, Continuum of Care, Health Equity Research Advisory Board, Butte Pride Foundation, MCUIH, and Intermountain West Harm Reduction Coalition, for their ongoing efforts to improve our community.

MARK YOUR CALENDAR

Every Monday : Men's Wellbriety Talking Circle at BNWC, 2-4pm, starting June 3rd

Every Tuesday : Women's Wellbriety Talking Circle at BNWC, 2-4pm, starting June 4th

Every Thursday : Teen Summer Program at BNWC, 3-5pm, starting June 13th

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

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

Every Friday : Beading workshop, 1-3pm; every third Friday (June 21st), beading is at 10am-12pm @ BNWC

Tuesday, June 11th: Drumming Circle, 6pm @ BNWC

Friday, June 14th: Naloxone Training, 2-3pm @ BNWC - registration required: <https://bit.ly/3URc6Nl>

Wednesday, June 19th: Diabetes Support Group, 6pm @ BNWC

Friday, June 21st: Traditional Medicine Presentation, 2-4pm @ Online via Microsoft Teams: <https://bit.ly/3SHfHMK>

Tuesday, June 25th: Supper & Stories, 6pm @ BNWC