

Butte Native Wellness Letter

Women's History Month

In recognition of Women's History Month, Butte Native Wellness Center (BNWC) is proud to highlight two trailblazing figures in American history: Pine Leaf and Susan La Flesche Picotte.



Pine Leaf (1801-1856)

Pine Leaf, also known as Woman Chief, was born to the Gros Ventres but raised by the Crow. Renowned for her skills in horse riding and hunting, she became a respected warrior and leader. She led raids against the Blackfoot, earning the name Woman Chief. She played a role in peace negotiations but was later ambushed and killed by the Gros Ventres. Her story reminds us of the strength, resilience, and leadership of women throughout history, particularly those whose achievements have been overlooked.

Susan La Flesche Picotte (1865-1915)

Susan La Flesche Picotte was the first person to receive federal aid for professional education and the first American Indian woman in the United States to earn a medical degree. Her dedication to serving her community and advocating for their health and well-being is an inspiration to us all.

National Nutrition Month

March is Nutrition Month, and BNWC is here to support your journey to better health!

Diabetes Support Group

If you or someone you know has been diagnosed with diabetes or pre-diabetes, we invite you to join our Diabetes Support Group. The group meets on the third Wednesday of every month (03/20). It is a safe space to gain helpful information, share your experiences, and support others.

Registered Dietitian

Our Registered Dietitian is available to help patients with meal planning, cooking basics, and enrollment in our Food Farmacy program, providing ingredients and recipes for nutritious meals tailored to individual need.

Supper & Stories

On the fourth Tuesday (03/26), don't miss our monthly Supper & Stories, featuring a story and nutritious meal inspired by the Nez Perce tribe: salmon and roasted vegetables. This is a free event open to the public.

Indigenous Meal Kits

Our Indigenous meal kits, free and available for pick-up every Thursday during business hours, offer a taste of Indigenous culture and healthy eating for our Native and non-Native community members.

Graduation Eagle Feathers

Spring is around the corner, and so is 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. 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.

Open Aid Alliance

We are pleased to share that BNWC recently met with the Open Aid Alliance (OAA) regarding their significant achievement. OAA has been awarded a million-dollar five-year grant from the National Institute of Health to study Medications for Opioid Use Disorder (MOUD) among unhoused Montanans. This study will focus specifically on Syringe Services Program and nurse-led MOUD induction. BNWC is excited to collaborate with OAA to support their efforts in understanding the needs of the communities we serve. By working together, we aim to advocate for and secure funding for expanded harm reduction services in Montana, ultimately enhancing the well-being of those in need.

Community Enforcement and Family Training

The Happier Life Project is hosting a virtual 12-week Family Training workshop. This program is designed for family members or friends with a loved one struggling with addiction. CRAFT teaches effective communication strategies and emphasizes self-care while supporting your loved one's recovery journey. Registration closes after the third week, and the Zoom meeting information will remain the same throughout the program. Register here: <https://bit.ly/3oxOovo>

Winter Essentials Backpacks

BNWC in collaboration with the Lived Experience Advisory Panel (LEAP), has assembled backpacks filled with winter essentials and toiletries for people who are unhoused in our community. BNWC currently has five backpacks available, which can be requested by those in need on a first-come, first-serve basis. We are committed to supporting the well-being of our community members and are grateful for the partnership with LEAP in this initiative.

Gardening Series : Three Sisters

Join us for the next workshop in our Gardening Series. Courtney Nucito will be teaching the traditional Native American planting of The Three Sisters (maize, beans, and squash). Courtney will walk us through the planting of a Three Sisters bed, while demonstrating proper planting techniques. This event will be held at BNWC on March 7th at 5:30pm. See you there!

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 (March 15), beading is at 10am-12pm @ BNWC

Thursday, March 7th: Gardening Workshop: Planting Three Sisters, 5:30pm @ BNWC

Tuesday, March 12th: Drumming Circle, 6pm @ BNWC

Friday, March 15th: Traditional Medicine Presentation, 2-4pm @ Online

Wednesday, March 20th: Diabetes Support Group, 6pm @ BNWC

Tuesday, March 26th: Supper & Stories, 6pm @ BNWC