



Issue #21 | October, 2024

Butte Native Wellness Letter

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



Mattie Curry, NCUIH (left); Jancee Hansen, BNWC (Right)

CDC 2024 STI Prevention Conference

Butte Native Wellness Center (BNWC) was invited by National Council of Urban Indian Health (NCUIH) to attend and present at the 2024 CDC STI Prevention Conference, where we highlighted the results of the NCUIH UIO STI Questionnaire, to which BNWC contributed. During a poster viewing session, BNWC joined the NCUIH team in discussing the importance of sexually transmitted infection (STI) screening and sexual health services at Urban Indian Organizations (UIOs), how the specific needs of UIOs can be better supported, and how other service providers can partner with UIOs.

The poster, titled "Urban Indian Organizations: An Untapped Resource to Provide Sexual Health Services to Urban American Indian and Alaska Native People," was presented in Atlanta, Georgia on Wednesday, September 18th, 2024. BNWC provided a perspective on the impact of STI services in our community.

Team Update



Rylee Mitchell *Youth Program Specialist*

We are thrilled to welcome Rylee as BNWC's new Youth Program Specialist! An enrolled member of the Little Shell Tribe, Rylee was born and raised in Great Falls, Montana. After earning an associate's degree from Great Falls College in 2022, she transferred to Montana Tech to pursue a Bachelor's in Construction Management. Rylee is passionate about supporting Native American youth and serving as a role model for the urban Native community in Butte. She is dedicated to helping the next generation preserve and pass on our Indigenous culture and traditions.



Theresa Seccomb *Business Office Specialist*

We are very excited to announce Theresa has joined us as our Business Office Specialist! Theresa is from Butte, and she earned her Bachelor of Science in Business and Information Technology with an emphasis in Management from Montana Technological University. She is experienced in various administrative and management roles in the education, transportation, and construction industries. In her free time, Theresa enjoys spending time with her nieces and nephew, reading, and crafting.



HIV Coral Council Site Visit

On July 26th, Butte Native Wellness Center hosted a site visit from the HIV Coral Council, which awarded us funding and support to enhance our HIV and STI screening services. During the visit, Alyssa Longee and Kayla Emrick provided valuable training and technical assistance to help us better serve our community. If you're interested in HIV or STI screening, ask your provider. HIV screening is recommended at least once as part of routine healthcare, and STI screening is advised annually or after new sexual partners. Stay proactive about your health!

Saturated Fat

It is recommended that you eat less than 20g of saturated fat daily, and remember:

- Low saturated fat means
 - 1g of saturated fat or less per serving
 - 5% daily value or less per serving
- High saturated fat means
 - 3.5g of saturated fat or more per serving
 - 20% daily value or more per serving

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

Vaccine Clinic

BNWC is hosting a Vaccine Clinic on October 8th, offering RSV, COVID, and flu shots. Between 11 AM-1 PM or 3-4 PM, stop by to get your vaccines and stay protected for the upcoming season. Insurance is required for non-beneficiaries to receive vaccines at no cost. Free vaccines are guaranteed for American Indian/Alaska Native (AI/AN) individuals. See you there!

This Month in Indigenous History

- **October 14, 1992:** Indigenous Peoples' Day was officially declared.
- **October 6, 1879:** Native American children were forced into assimilation at the Carlisle Indian Industrial School in Pennsylvania, the first off-reservation boarding school, created by Civil War veteran Richard Henry Pratt.
- **October 1972:** The American Indian Movement (AIM) began the Trail of Broken Treaties, a protest journey from the West Coast to Washington, D.C., to challenge the Bureau of Indian Affairs and other federal policies undermining Indigenous culture and religion.
- **October 11, 1980:** President Jimmy Carter signed the Maine Indian Claims Settlement Act, awarding \$81.5 million to the Passamaquoddy, Maliseet, and Penobscot tribes for land taken from them over 150 years prior.

MARK YOUR CALENDAR

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

Every Friday : Beading workshop, 1-3pm; every third Friday (Oct. 18th), beading is at 10am-12pm @ BNWC

Tuesday, October 8th: Vaccine clinic, 11am-1pm & 3-4pm @ BNWC

Wednesday, October 9th: Book Club Meeting, 6-7pm @ Clark Chateau (321 W Broadway, Butte, MT 59701)

Wednesday, October 16th: Lunch and Learn, 12-1p @ BNWC

New event! Interactive and informal monthly event designed to learn about essential health topics while enjoying a complimentary healthy lunch. You'll have the opportunity to hear from healthcare providers, ask questions, and receive resources tailored to your specific needs. This month we'll chat about vaccines and traditional healing!

Friday, October 18th: Traditional Medicine Presentation, 2-4pm @ Online via Microsoft Teams: <https://bit.ly/3SHfHMK>

Tuesday, October 22nd: Supper & Stories, 6pm @ BNWC