

Northeastern Montana Wellness Partnership

Serving Daniels, Roosevelt, Sheridan, Valley Counties and Fort Peck Tribes

MT CANCER CONTROL PROGRAM • MT TOBACCO USE PREVENTION PROGRAM • MT ARTHRITIS PROGRAM • CHRONIC DISEASE SELF-MANAGEMENT PROGRAM



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Upcoming Events

Daniels County

Arthritis Exercise Class - Call 487-5560

Strong Women - Call 487-2861

Diabetic Empowerment Education
Call 487-2861

Sheridan County

Arthritis Exercise Class - Call 765-3406

Diabetic Empowerment Education
Call 765-3406

Living Life Well Workshop
Call 487-5560 or 765-3410

Roosevelt County

Family Health Fair (August)

Diabetic Empowerment Education
Call 487-5560

Living Life Well - Call 487-5560

Valley County

Arthritis Exercise Class - Call 228-6241

Strong Women - Call 228-6241

Cancer

Skin Cancer

The most common cancer in the United States

Most cases of melanoma, the deadliest kind of skin cancer, are caused by exposure to ultraviolet (UV) light.

To lower your skin cancer risk, protect your skin from the sun and avoid indoor tanning.

Follow these easy options:

- Stay in the shade, especially during midday hours.
- Wear clothing that covers your arms and legs.
- Wear sunglasses that block both UVA and UVB rays.
- Use sunscreen with SPF 15 or higher and both UVA and UVB (broad spectrum) protection.
- Avoid indoor tanning.

<https://www.cdc.gov/cancer/skin/>

Call 487-5560 for more information

- Reference: CDC.gov

Cancer Library

Every County in our region has a Cancer Library with a variety of books, CD's and cassettes. Whether you are looking for information or inspiration, check out the library in your area.

Daniels County
Courthouse
213 Main St.
Scobey, MT
First Floor Hallway

Roosevelt County
Trinity Hospital
315 Knapp
Wolf Point, MT
"Chemo Room"

Sheridan County
Courthouse
100 West Laurel Ave.
Plentywood, MT
Health Department

Valley County
Senior Citizens Center
328 Fourth St. South
Glasgow, MT
Main Lobby



Are you current on your cancer screening?

Montana Cancer Control Program provides free breast and cervical cancer screenings to those who qualify.

Call 406-487-5560 for more information.

Tobacco

Pregnant and smoking? Quit Now Pregnancy Program

Pregnant women who smoke are doing potentially fatal damage to their unborn child. Everything that enters a mother's body can affect the womb, including the harmful chemicals in cigarettes. Women who smoke during and after pregnancy are more likely to have: Miscarriages, problems with the placenta, babies born prematurely or with low birth weight, babies born with birth defects (such as cleft lip or cleft palate), babies who have more colds, ear infections and asthma attacks, and babies who are at a higher risk of Sudden Infant Death Syndrome (SIDS).

For women who are pregnant and wish to quit using tobacco, the MT Tobacco Quit Line has a new specialized program in place. In addition to other available Tobacco Quit Line services, **Quit Now Montana Pregnancy Program also offers all pregnant and postpartum callers a personal female quit coach, extended and confidential coaching calls with cash incentives, as well as 8 weeks of free Nicotine Replacement Therapy (NRT) during pregnancy and 6 additional weeks of NRT postpartum.** Be sure to identify yourself as a pregnant woman when calling to enroll with the Montana Tobacco Quit Line's cessation services at **1-800-QUIT-NOW (1-800-784-8669).**

Questions? Call your local Tobacco Prevention Specialists.

Brittany Archambeault, Tobacco Prevention Specialist for Valley County, at **406-228-6261** or **A.J. Allen**, Tobacco Prevention Specialist for Roosevelt and Daniels Counties, at **406-653-6212**

For more info on how to break the cycle of tobacco addiction in Montana kids visit www.reactMT.com



Nutrition & Physical Activity

Healthy Weight

When it comes to weight loss, there is no lack of fad diets promising fast results. But such diets limit your nutritional intake, can be unhealthy, and tend to fail in the long run.

The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses.

Staying in control of your weight contributes to good health now and as you age.

The Caloric Balance Equation

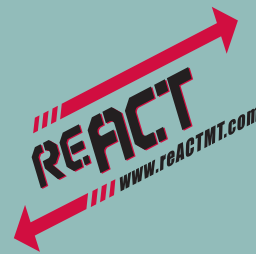
Whether you need to lose weight, maintain your ideal weight, or gain weight, the main message is – calories count! Weight management is all about balancing the number of calories you take in with the number your body uses or “burns off.”

- A calorie is a unit of energy supplied by food and beverages. A calorie is a calorie regardless of its source. Carbohydrates, fats, sugars, and proteins all contain calories.
- If your body does not use calories, they are stored as fat.
- Caloric balance is like a scale. To remain in balance and maintain your body weight, the calories consumed must be balanced by the calories used in normal body functions, daily activities, and exercise.

<https://www.cdc.gov/healthyweight/calories/index.html>
– Reference: cdc.gov



More than 400,000 American babies are exposed to harmful chemicals before birth each year because their mothers smoked during pregnancy.



- Women who are smoking in the periconceptional period, face an 8 to 10 times higher risk of miscarriage.
- Girls who had mothers that smoked during pregnancy, are more likely to suffer from infertility in the future.

Live Well

DEEP : Diabetic Empowerment Education Program

Do you have diabetes or pre-diabetes (high blood sugar)? Would you like to learn how you can take charge of your health and get control of your diabetes?

In this series of six classes, participants will learn about:

- How diabetes affects people—both physically and emotionally
- How to find healthy eating habits while still enjoying food
- How to be safely active all year
- How to develop skills and action plans for staying healthy
- How to be an effective member of their health care team with their doctors, health care providers, and diabetes educators

Take charge of your health and control diabetes! Play these fun and educational activities to learn more about healthy eating, diabetes, and your body

Communicable Disease

Rabies

A preventable, but deadly viral disease

Rabies is a preventable viral disease of mammals most often transmitted through the bite of a rabid animal. The vast majority of rabies cases reported to the Centers for Disease Control and Prevention (CDC) each year occur in wild animals like raccoons, skunks, bats, and foxes. The rabies virus infects the central nervous system, ultimately causing disease in the brain and death. The early symptoms of rabies in people are similar to that of many other illnesses, including fever, headache, and general weakness or discomfort. As the disease progresses, more specific symptoms appear and may include insomnia, anxiety, confusion, slight or partial paralysis, excitation, hallucinations, agitation, hypersalivation (increase in saliva), difficulty swallowing, and hydrophobia (fear of water). Death usually occurs within days of the onset of these symptoms.

The Administrative Rules of Montana, Sections 32.3.1201 and 17.114.203, require that all animal bite situations involving a human be reported to your local health officer or health department.

– Reference: mt.gov/rabies



Prairie Health Events

Tobacco Tour in Northeast Montana

During the week of April 16-20, the Cherokee Nation Tobacco Tour from Oklahoma made its way to Montana. The Cherokee Nation Tobacco Tour began in 2008 and has reached many milestones including reaching more than 25,000 students nationwide. Presenters of the Tobacco Tour were Greg Bilby and Ronnie Trentham with each bringing a different message to the presentation. Greg's message was to share the dangers of commercial tobacco use, to help young people make good decisions, and use their gifts and talents to make the world a better place. Ronnie's message was centered on the choices he made to use chewing tobacco as a kid and the consequences of those choices over his lifetime.



Greg and Ronnie made stops in Great Falls, Cut Bank, Deer Lodge, Drummond, Anaconda, and Butte before heading for northeast Montana. On Friday, April 20 Greg and Ronnie presented at the Brockton School in the morning and at Frontier School in the afternoon. The students asked several questions related to their presentation and were engaged throughout. Also on Friday in between presentations, Greg and Ronnie met with the Fort Peck Tribal Executive Board. It turned out that Greg had met Fort Peck Tribal Executive Board member Jestin Dupree a week or two earlier at a conference in Oklahoma. Visiting with the Fort Peck Tribal Executive Board was a tremendous experience for all three of us.

For other area schools, this is a tremendous way to incorporate a presentation in the future to satisfy Montana Indian Education for All in Montana's schools. Having Greg and Ronnie return to Montana is something that Joni Johnson and A.J. Allen, Tobacco Prevention Specialist for the Fort Peck Tribes and for Roosevelt and Daniels Counties respectively are looking into hosting again in the future.

DO YOU KNOW THE WARNING SIGNS OF SUICIDE?

The following signs may mean someone is at risk for suicide.

If you or someone you know exhibits any of these signs, seek help as soon as possible by calling the Lifeline at **1-800-273-TALK (8255)**.

Regional Service

Daniels, Valley, Roosevelt & Sheridan Counties

Daniels County

Immunization 406-487-2313
Cancer Screening Program 406-487-5560
Community Garden 406-487-5560
Emergency Preparedness 406-487-5560

Valley County

VCHD Immunizations, Mondays 2pm-5:45pm
Tues-Thurs by appointment. Call 406-228-6261

VCHD Family Planning Clinic, April 25th
Call 406-228-6205 to schedule an appointment

Roosevelt County

Immunization and WIC measurements call 653-6223

Clinic hours: Tues. 1-4 pm • Wed. 9-11am & 1-4 pm
Thurs 1-4 pm (by appointment)
Friday 9-11 am (by appointment)

Family Planning hours:

Tues. 9-11 am • Thurs. 9-11 am & 2-4 pm

Home Visiting

If you know of a family who could use assistance in understanding how to parent based on their child's developmental needs and how to help their child get ready for school, please call or have them call 653-6269. We work with families during pregnancy and all the way up to age 5.

Sheridan County

Region 18 WIC Program, serving Sheridan & Daniels Counties.
Call 406-765-3473 for an appointment or for more information.

Sheridan Memorial Vaccines for Children Program.
406-765-3735 • Wednesdays, 10:00 a.m. - 2:00 p.m.

Sheridan County Council on Aging 406-765-3412

Congregate Meals; Home Delivered Meals; Respite Care; Senior Commodities; State Health Insurance Assistance Program (information on Medicare); limited Legal Assistance for seniors and their families; Information & Assistance for referrals to other programs.

Quality Transit, 406-765-1018

Free public transportation within Sheridan County, including weekly trips between Plentywood and Westby, Medicine Lake. Out of county trips can be scheduled for a charge to Scobey, Sidney, or Williston for medical appointments.