

FLATHEAD NATION GOOD MEDICINE

JULY, 2008

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Health news in Indian Country: CSKT Tribal Health Department Walking the Rez

The predominant theme emerging from this year's Walking the Rez program centered on meeting challenges and changing lifestyles.

Tribal Health staff recorded the miles accrued for many individuals walking toward an improved quality of life. Established four years ago, the continued goal of the program has been to encourage and increase participation in a daily exercise routine, promoting healthy living.

Participants embark on their personal physical fitness quest each year beginning February 14th, wrapping up on Mother's Day. Each step taken is accounted for by a pedometer over the course of a 13 week period. For many involved, the health related achievements experienced at the end of the program transcends the difficulties of breaking old habits at the beginning.

One such individual resides in Ronan. Marlene Rorvik, both a

former smoker and an asthmatic, achieved this year's award for the most miles walked by one individual. Marlene covered 1,225 miles in the 13 week span. Her desire for improved health arose out of her experiences working in a rest home.

In 2000 the significant impact of seeing and caring for an elderly gentleman relying on a respirator caused Marlene to examine her lifestyle; in particular, her 28 year smoking habit. Marlene was told by doctors she was in the initial stages of cardiopulmonary disease. Because of her decision to quit smoking she was able to ward off the disease which, Marlene said, eventually reverted back to asthma.

At one point Marlene considered going back to smoking when she began noticing a fluctuation in her weight. She sought advice from Dr. LeeAnna Muzquiz, a Tribal Health physician, who encouraged her to stick to her smoking cessation program. Marlene has now been



The Rorvik Family receiving their award for the family with the most miles. They logged 4,442 total miles walked.

smoke free for 8 years and is grateful for the new lease on life she has discovered through health choices.

Another participant, Llewellyn Michel, is no stranger to fitness or the Ronan Fitness Center. James Adams, Fitness Specialist, said Llew (as he's known by his friends), is at the Center daily. Aside from devoting time to his

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STAFF SERVICE RECOGNITION

The Tribal Health department would like to recognize and thank the following staff members for their exemplary years of service with the Confederated Salish & Kootenai Tribes:

- Charlotte Hunter—25 yrs
- Albert Plant—25 yrs
- Carol Finley—20 yrs
- Tammy Matt—10 yrs

STAFF RECREATIONAL ACTIVITIES

THHS Public Information Officer, Stacey Kiehn and her American Saddlebred, Fabio Fame, won the Treasure State Horse Show Reserve High Point Saddleseat award July 5, 2008. The show is held annually in Missoula, Montana and is sponsored by the Montana State Horse Show Association.



Stacey has been actively competing in equestrian events since the age of 4. She is now passing on the long history of family equine tradition to her daughter Hannah, who at age 11, is actively competing alongside and against her mother.

LETTER FROM THE OFFICE OF THE DEPARTMENT HEAD

Dear Fellow Members,

As we approach the half way mark of this year, I want to take this time to reflect upon our journey.

It has been said many times that health care is important to you when you need it. My observation is that we want to focus more time and resources to a system that promotes wellness and strengthen our communities.

We all know that there are individuals who have misused or abused this precious resource. In some distant fashion, I can't blame them; they were never given any ownership, or voice in shaping it to meet true needs. We all learned to become dependent upon the governmental services despite the fact that those services often robbed people of their independence and integrity.

As reported in the last quarterly newsletter, we now have a "mission" that has been set. We can focus our thoughts, efforts and resources to the attainment of that mission.

It will not be an easy effort, but it does spawn hope and ambition to reach higher ground. It flexes our resolve to determine our own destiny, strengthen commitment to care for our own, and cements our economic base into our structure that heretofore was a one-way pipeline of resources flowing out.

We have spent the past 18 months looking at all the pieces of this puzzle. We didn't walk away in disgust, throw ourselves upon the mercy of the Indian Health Service, or resign our responsibility to future generations. We rolled up our sleeves and went to work; we (Tribal Council, Tribal Administration, and THHS Staff) all have taken personal ownership in the responsibility to improve this situation for those who will come behind us. This has been an immeasurable journey that has lasted 30 years; but one that began as an idea that gained and lost momentum with political wind. The journey has finally come to be anchored after many years of doubt, grief, and dissatisfaction with our ability to achieve some forward movement toward an outcome. It will be several years before we can say we have arrived, but we are on our way.

In the interim, we have generated sufficient resources from services provided in our facilities to pay for the cost of a new facility to serve the northern end of the reservation. We are in the architectural planning phase of a new facility to be constructed in downtown Polson. This facility will greatly enhance our opportunity to provide more care to our patients. Our goal is to have the facility open by the Summer of 2009.

As I reflect, I can't help thinking about some of the earlier days, people, and discussions about the Tribes ability to administer its own health care system. My thoughts and memories of those events and people are fond. Never did I believe that hope had died in our community.

In closing, make smart choices. Summertime is the most dangerous time on our highways for accidents, injury and death. Wear your seatbelts, obey the speed limit, and don't drink and drive.

May the blessings of the Creator be with you.

Sincerely

S. Kevin Howlett

THHS Department Head



S. Kevin Howlett,
Tribal Health & Human Services
Department Head

THHS FITNESS CENTERS AND FITNESS STAFF

Physical exercise is important for maintaining physical fitness and can contribute to positively maintaining a healthy weight, building and maintaining healthy bone density, muscle strength, and joint mobility. It also promotes internal (such as metabolism, respiration, and reproduction) well being, reduces surgical risks, and strengthens the immune system.

Frequent and regular aerobic exercise has been shown to help prevent or treat serious and life-threatening chronic conditions such as high blood pressure, obesity, heart disease, Type 2 diabetes, insomnia, and depression. Strength training appears to have continuous energy-burning effects that persist for about 24 hours after the training, though they do not offer the same cardiovascular benefits as aerobic exercises do.

Exercise is beneficial to the brain; it increases the blood and oxygen flow to the brain thus increasing growth factors that help create new nerve cells and increase chemical flow to

the brain helping cognition (knowledge acquired through reasoning, intuition, or perception).

Both aerobic and anaerobic exercise work to increase the mechanical efficiency of the heart by increasing cardiac volume (aerobic exercise), or thickness of the heart wall (strength training).

Not everyone benefits equally from exercise. There is tremendous variation in individual response to training. Most people will see a moderate increase in endurance from aerobic exercise. Some individuals will as much as double their oxygen intake, while others will never get any benefit from the exercise. Similarly, only a minority of people will show significant muscle growth after prolonged weight training, while a larger fraction experience improvements in strength. This genetic variation in improvement from training is one of the key physiological differences between elite athletes and the larger population.

Proper nutrition is as

important to health as exercise. When exercising, it becomes even more important to have a good diet to ensure that the body has the correct ratio of nutrients in order to aid the body with the recovery process following strenuous exercise.

Proper rest and recovery are also as important to health; otherwise the body exists in a permanently injured state and will not improve or adapt adequately to the exercise. It is important to remember to allow adequate recovery between exercise sessions.

THHS has Fitness Centers and Fitness Specialists located in Ronan, St. Ignatius and Elmo. The general hours of availability are Monday through Friday, 6:00 a.m. until 7:00 p.m.

The Ronan Facility also offers hours on Saturday from 6:00 a.m. until 1:30 p.m. Hours for the Elmo facility have yet to be determined.

There is a minimal monthly charge for facility and equipment use by



Ronan Fitness Specialist Pictured from L to R: James Adams and Jesse Drennan

Not Pictured: St. Ignatius Fitness Specialists: Arles Hendrickson and Lance Hawkins; Elmo Fitness Specialist Brian Last Star

non-beneficiaries of the Tribal Health department. Each Center is equipped with various forms of work out equipment and weights. The new Elmo facility boasts an indoor walking track and the newly remodeled St. Ignatius facility includes a sauna and computer room.

To make further inquiries into the availability of the Centers and Staff contact:

St. Ignatius: (406) 745-4242

Ronan: (406) 676-0138

Elmo: (406) 849-5798



Margene Asay, THHS Health Educator/Prevention Manager

PREGNANCY PACT FOR CSKT WOMEN – AN ARTICLE FOR HEALTH NEWSLETTER BY JANELLE PALACIOS

Over the past two years Janelle Palacios (Salish/Kootenai), a nurse researcher, has been collaborating with CSKT on an issue concerning local women's teen pregnancy experiences. With Council approval and guidance from Clarice Anderson, THHS Community Health Manager, and Arlene Templer, DHRD Department Head, 30 adult, reservation based, Salish and Kootenai women were invited to share their early childbearing experiences. While every woman's story was unique and enlightening; the interviews do not represent all teen pregnancy experiences, however, there were some common themes.

The study found that Salish Kootenai women who were teen mothers viewed their early motherhood as a source for positive life changes. Although many women recalled tumultuous childhood occurrences including neglect, abuse, death, divorce and substance abuse, becoming a mother fueled some women's determination to positively change their lives.

Women consciously ate healthier, ended substance use and resumed their educational goals. Motherhood confirmed their adulthood status as they balanced caring for an infant with school, work and relationships. Increasingly, their lives became more difficult as they met obstacles at school; on the job; and with family members and partners whom all seemed to challenge their teen parent status. Some women coped with their stress by partying and using substances. It was during these times especially that family members and friends became more important sources of support from child-rearing to finances.

While a pregnancy pact among our youth seems unlikely, the stories from these 30 women illustrate that we as a community must understand the lives of the young women in our midst and how their decisions and perceptions impact their future lives. When equipped with the understanding of their daily lives, we as family members, community leaders, and friends are better equipped to provide support for these young women and their children.

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COMMUNITY HEALTH – 2008 BLOOD DRIVE

The THHS Blood Drive this year will be held at the St. Ignatius Community Center, July 26, 2008 from 9:30 a.m. until 1:30 p.m.

To give blood you must :

1. Bring Picture I.D.;
2. Be 18 years or older;
3. Not be taking any antibiotic at the time of donation;
4. Not have cardiac or cancer history

Facts About Blood Donation:

1. The average body contains 10-12 units of blood;
2. When you donate one unit, you lose one pound;
3. Platelets are used for cancer patients & bone marrow transplant;
4. Plasma is used for burn/shock patients;
5. Premature baby uses 1-4 units of red blood cells while in ICU

The blood donated will be used at local hospitals on the reservation and in Missoula. Giving blood saves lives. Please come to the THHS Blood Drive and donate your precious blood to help a cancer patient, a bone marrow or transplant patient, a burn patient or a premature baby in ICU. We all know one of the listed patients. They all need your help.

Contact Lance Hawkins or Arles Hendrickson at 745-3525 ext. 5206 to schedule and appointment or to inquire about the drive.

TOBACCO PREVENTION MIDNIGHT HOOPZ 3-ON-3 MIDDLE SCHOOL TOURNAMENT

It was another successful year for the Midnight Hoopz Tournament held at the Thomas Lyles Court in Arlee. The winners are as follows:

5th and 6th Grade Boys

- 1st — Quequesah, Ronan
- 2nd — Hendren, Arlee

7th and 8th Grade Boys

- 1st— 2 Tall 2 Small, St. Ignatius
- 2nd— Outlaws, Browning
- 3rd— Michael Brown, Arlee

7th and 8th Grade Co-ed

- 1st— Arlee Rebels, (no town listed)
- 2nd— No Mercy, (no town listed)
- 3rd— Desert Horse, (no town listed)

9th Grade Girls

- 1st— Crazee Gals, Arlee
- 2nd— Young Guns, Ronan
- 3rd— Lady Hillside

9th Grade Boys

- 1st— Them, (no town listed)
- 2nd— Just Another One, (no town listed)
- 3rd— One Hit Wonder, (no town listed)

THHS and the Tobacco Prevention program would like to thank all of the participants and staff for supporting this tournament.

For more information regarding future tournaments, contact Cristen Morigeau, Tobacco Prevention Specialist at (406) 745-3525 ext. 5119



Midnight Hoopz Logo courtesy of the THHS Tobacco Prevention Program

THHS ANNOUNCES THE GRAND OPENING OF THE ELMO COMMUNITY WELLNESS CENTER

THHS is pleased to announce the grand opening of a new wellness facility in Elmo. A special community dinner sponsored by Elmo Council Representative, Rueben Mathias and THHS Staff, will be held Thursday, July 10, 2008 at 6:00 p.m.

The grand opening will be held Friday, July 11, 2008 from 10:00 a.m. until 3:00 p.m. The facility will be open to the public for viewing throughout the day. Included in the new facility are medical exam rooms, conference area for training and diabetes classes, an indoor walking track, and various forms of work out equipment and weights.

The Wellness Center will be open for business July 14, 2008, 8:00 a.m. until 4:30 p.m. Staff includes:

- Colleen Couture, Community Health Representative
- Patti Gierke, Community Health Nurse
- Fitness Specialist
- Brenda Bodner, THHS Registered Dietician (dates TBD)
- Dr. LeeAnna Muzquiz (every other Wed. as of July 16th)
- Monica Caye, Office Manager

For more information about these events, contact Stacey Kiehn, THHS Public Information Officer at (406) 745-3525 ext. 5116



NATIONAL HEALTH INITIATIVES- CONTRACT HEALTH SERVICE HEARING HELD BY THE SENATE COMMITTEE ON INDIAN AFFAIRS



On June 26, the Senate Committee on Indian Affairs (SCIA) held a hearing on Access to Contract Health Services (CHS) in Indian Country. In his opening remarks, Chairman Dorgan talked about the tremendous lack of funding for CHS and how that lack of funding impacts the quality of life and access to basic health services for American Indians and Alaska Natives (AI/AN). Vice-Chairman Lisa Murkowski (R-AK) remarked that in Alaska, the high cost of transportation can impact Alaska Natives' ability to access CHS. Senator Johnson (D-SD) and Senator Barasso (R-WY) also made opening remarks.

Chairman Smith of the National Indian Health Board (NIHB), as well as Lt. Governor Keel and Chairman Holt, expressed concerns about the lack of tribal witnesses from the direct service and large land base tribes. In response, Chairman Dorgan, explained that although direct service tribes were not able to participate in this hearing there would be additional opportunities. In fact, he indicated he was visiting with North Dakota tribes the next week and would be hearing from those tribes on CHS issues. On behalf of the NIHB, Chairman Smith recommended that the Committee hold field hearings in Indian Country, which would give a wider perspective from tribes who cannot always afford to travel to Washington, DC. Chairman Smith offered to host a field hearing at the NIHB's Annual Consumer Conference, September 22 -25, 2008 at Temecula, California.

Each of the witnesses presented compelling testimony as to how the lack of CHS funding has impacted the ability of AI/ANs to access CHS. Chairman Smith cited the 2004 Commission on Civil Rights Report, *Broken Promises: Evaluating the Native American Health Care System*, and referred to a statement made by Dr. Craig Vanderwagen, M.D., a former chief medical officer for Indian Health Service (IHS), who was interviewed for the Report and described the CHS program as a rationing of health care:

"We hold them off until they're sick enough to meet our criteria. That's not a good way to practice medicine. It's not the way providers like to practice. And if I were an Indian tribal leader, I'd be frustrated."

Chairman Smith testified that the "CHS program should support all costs, so any Indian person can access the treatment that will support the best patient outcomes instead of the most cost effective or cost avoidance method to stretch CHS dollars. The CHS program should pay for preventive care and medical interventions instead of authorizing payment for only emergency cases. The CHS program needs to move into the 21st century by providing adequate funding to address the level of need in Indian Country. Congress and the Administration should live up to the promises made in treaties, made in good faith, by the ancestors of people who are asking today for the ability to control the destiny of the quality of life of their people." Chairman Smith appreciates the contributions to her testimony from the Bristol Bay Area Health Corporation and Jessica Burger, NIHB Bemidji Area representative.

The IHS Director, Robert McSwain, followed the first panel of witnesses, and provided an overview of the CHS program. Chairman Dorgan asked Mr. McSwain to take a risk in submitting the FY 2010 agency's budget by requesting a substantial increase in CHS funding that truly meets the needs of Indian Country. Mr. McSwain remarked that he knows that every tribal community has a story to tell and those stories would help him in seeking an increase in CHS funding, and he wants to hear those stories.

It is clear from the comprehensive testimony presented at the hearing that this can only be the first of many hearings that the Committee holds on CHS issues – there are so many more stories to tell and in order to address the unfunded and unmet CHS needs, all areas of Indian Country need to be heard.

Article available at www.nihb.org

NIHB Chairwoman
H. Sally Smith
testifying at the
Contract Health
Service Hearing



National Indian Health Board

*Advocating on behalf of all Tribal Governments and
American Indians/ Alaska Natives in their efforts to provide quality health care.*

CONTRACT HEALTH SERVICE FOR COLLEGE BOUND STUDENTS

Tribal Health would like to congratulate the graduating class of 2008 and their achievements thus far.

Soon it will be time for students to prepare to head off to college. As part of this preparation it is important individuals take the necessary steps to ensure medical coverage eligibility. Beneficiaries eligible for Contract Health Services (CHS), who are full time students, temporarily absent from their home residence on the Flathead Reservation, will maintain CHS eligibility as long as they are registered as a full time student with 12 or more credits in a program of vocational, technical, or academic education. All students must provide a letter of acceptance prior to leaving as well as semester transcripts to document continuous full time student status to maintain eligibility.

Students attending a school within 90 minutes (driving time) of any Indian Health Service facility must utilize that facility for needed medical treatment, except for emergencies defined as any medical condition for which immediate medical attention is necessary to prevent death or serious impairment of health. If a student does not maintain full time status, for more than 180 days (including summer, winter, and spring breaks), and does not return to the Flathead Reservation, he/she will no longer be eligible for CHS benefits.

An important factor to remember is CHS provides payment for basic health services regularly covered through the Indian Health Service CHS program. Notification must be made prior to obtaining services, at the time services are received, or within 72 hours after services are received. These services include primary care providers, specialist referrals, emergency room, and surgical services. No exceptions will be made for notices received more than 72 hours

after treatment is obtained. **Contact Spina Grant at (406) 745-3525 ext. 5053 for assistance.**

Routine/Preventative dental or medical care for students and their dependents must be obtained during school vacations/breaks at any CSKT Tribal Health direct care dental clinic and direct care physician clinic, or your selected Primary Care Provider. Student athletes must have their sports physicals completed at a CSKT Tribal Health clinic to ensure CHS coverage. In addition, prescriptions and prescription refills must be completed by a CSKT Pharmacy. Prescription services sought from other sources will not be covered.

Eye examinations and glasses must be obtained before departing for or returning to school. CHS will cover one pair of glasses up to \$100.00 of the cost. Anything over and above this amount will be the patient's responsibility. CHS is not covering contact exams or lenses.

All students having any private insurance or coverage under their parents' private medical insurance must utilize that resource. Contract Health Services may cover the balance after the insurance payment, providing the treatment was authorized in advance or was an emergency case, which was reported within 72 hours. Student whose grants include funds for health services will be expected to use these grant funds to purchase available college health insurance programs.

Should you have any questions regarding eligibility of your student, contact:

Nicole Trahan (A-L)
(406) 745-3525 ext 5087; or

Jaspen Mcdonald (M-Z)
(406) 745-3525 ext. 5005



THHS Ronan Clinic
35840 Round Butte Rd. W.
Ronan, MT
676-8778 Fax 676-0132

IHS/Contract Health Services

Phone: (406) 745-3525
Fax: (406) 745-3530

IHS Health System Specialist

Spina Grant ext. 5053

CHS Technicians

Gladys Brown ext. 5009
Katie Tapia ext. 5117
Rhonda Hendren ext. 5043

Referral & Surgery Review Coord.

Lorrie Meeks ext. 5007



THHS Polson Clinic
5 4th Ave. East
Polson, MT
883-5541 Fax 883-3512

CSKT-TRIBAL HEALTH

Primary Business Address
 PO Box 880
 308 Mission Drive
 St. Ignatius, MT 59865
 Phone: 406-745-3525
 Fax: 406-745-4231



THHS Mission:

“The Tribal Health and Human Services Department will positively effect the health of our Tribal Community and the eligible population by providing consistent, quality health care, and facilitating access to a complete continuum of care, employing respectful, culturally and professionally competent staff, being a fiscally responsible organization.”

THHS Vision:

“The Tribal Health Care system with highly competent, qualified staff, embodying the traditional principles and values of the Salish, Kootenai and Pend d’Oreille Peoples, will be the preferred provider which is committed to the physical, mental and spiritual health of the beneficiaries.”

WALKING THE REZ CONTINUED

own workout, this 9 year old assists James around the Center to maintain the facility. When Llew is not at the Fitness Center, his mom Maxine says he and his sister Whisper can be found participating in various cultural activities or out fishing. Llew’s favorite activity aside from being a self-proclaimed “fish-o-holic,” are drumming and stick game. Maxine stated Llew is a skilled stick game player, and when he wins he usually shares his money with his sister. Llew said walking 253 miles in “Walking the Rez made him feel cool and strong.



Llewellyn Michel receiving his award for Best Helper

Tribal Health staff put in many hours to assist the program participants in achieving their desired or prescribed health related goals. In addition to staff support, many local community businesses have chosen to be involved as well. The St. Ignatius Diabetic Program, St. Ignatius, Arlee, and Ronan Fitness Centers would like to thank the following businesses for the donations made to

the program:

- Valley Bank— Savings Bond
- Mission Mart— 2 Food Certificates
- Les Schwab— 2 Alignments
- Hair Shring— 1 Hair Cut

THHS staff would also like to thank and congratulate all of the “Walking the Rez” participants. This program has seen and contributed to many healthy success stories over the past four years. This year each participant walked for a combined total of 35,510.5 miles. This is almost all the way around the world in a 13 week time frame.

The staff would finally like to announce the special award winners:

- Ronan
 Youngest Boy: Forrest Wolf, 8 yrs; 653 mi.
 Youngest Girl: Faith Bisson, 10 yrs; 731 mi.
 Oldest Girl: Sherron Bowman, 72 yrs; 320 mi.
 Oldest Boy: Leonard Morigeau, 72; lost count
 Oldest Couple: Flo Drowatzky (70) and Fred Courville (68)
 Most Miles: Marlene Rorvick; 1,225 mi.
 Most Family Miles: Rorvick Family; 4,442 mi.
 2nd Runner Up: Cherrie Rorvick; 1,169 mi.
 Most Consistent: Eva Anderson
 Most Improved: Barbara Mann
 Couple with the Most Miles: Willard and Julie Moore
 Best Helper: Llewellyn Michel, 9 yrs; 253 mi.

Arlee

Youngest Boy: Jerome Felix, 7 yrs; 663.7 mi.

St. Ignatius

Youngest Boy: Gregory Weatherwax; 337.7 mi.

Most Miles: Josh Christie, 23 yrs; 973 mi.

2nd Runner Up: John Thomas, 24 yrs.; 816 mi.

Moiese

Oldest Girl: Laurena Foust, 81 yrs; 246 mi.

Dixon

Oldest Girl: Betty Wetzel, 78 yrs; 286.2 mi.

It is because of the participants that this program is successful. The personal dedication each person puts forward to improving life styles today, reduces the risks of chronic health related concerns down the road.

If you are interested in participating in this or other fitness programs sponsored by Tribal Health, contact Margene Asay, Health Educator and Prevention Manager, at (406) 745-3525 ext. 5072 for additional information.