

LITTLE SHELL VOICES

Official Little Shell Tribal Newsletter - September 2025

Aanii (Hello)!

Last month, our hearts were filled to see so many of our relatives, friends, and neighbors at our annual Little Shell Veterans' and Elders' Powwow. The Little Shell Tribal Council was pleased to welcome over 4600 people to this year's Powwow. It was our second year at the powwow arbor on Mount Royal and this has been the highest attendance of our Powwow that we have seen and we hope to see it grow each year!

The Tribal Council wanted to ensure that visiting tribal members had access to tribal government programming and services during the Powwow. Throughout both days of the Powwow, tribal government staff were present and provided information on all our great tribal government programming and services. The Tribe's mobile dental clinic was also operating on site at providing dental check-ups, cleanings, fillings, extractions, x-rays, fluoride treatments, dental sealants, and enamel remineralization treatments. This was a vital and needed service as we had all appointment slots filled. The Tribal Council greatly appreciates our tribal government staff for being available for our tribal members during both days of the Powwow.

Having a permanent home for our annual Powwow on Mount Royal has proven beneficial as each year we are seeing this important cultural event grow and grow. I know our ancestors are all smiling as the air is filled with the sounds of the drums, singers and dancers. The Tribal Council is excited to see what next year brings!

Miigwech (Thank you), Chairman Gerald Gray

INSIDE

• September Events

• Wellness Corner

• Cultural Corner

• Community Corner



SEPTEMBER

SEPTEMBER 4



FRY BREAD CHRONICLES- LITTLE SHELL HISTORY WITH JESSICA

Join us for another evening of Fry Bread Chronicles with Jessica Gerlett and Noel on Thursday, September 4th from 5:30 to 7:00 PM at the Elder's Center, 1529 Stuckey Road in Great Falls.

Every session invites you to explore the rich and layered history of the Little Shell Tribe—shared through stories that feed both heart and mind. Whether you're joining us for the first time or returning to reconnect, all are welcome as we continue to learn, share, and grow together in community.

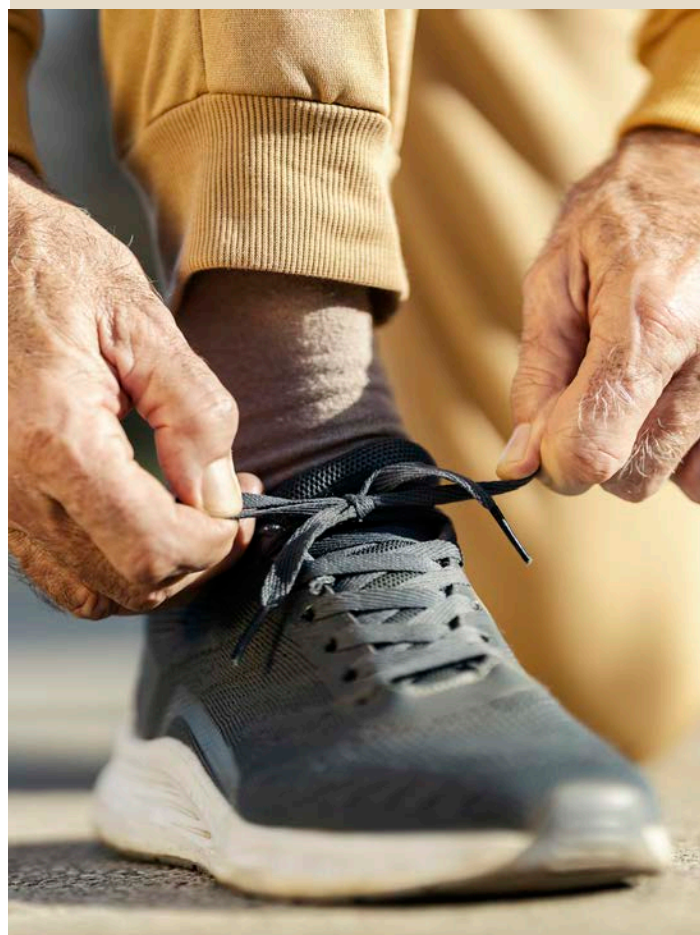


EVERY WEDNESDAY

ELDER'S EXERCISE GROUP WEDNESDAYS AT ELDER'S CENTER 10AM – 11AM

Supporting Elder Wellness -
Join Us for Weekly Movement Sessions!

We're excited to continue promoting health and vitality in our community with weekly exercise classes every Wednesday at 10:00 AM at the Elder's Center—right before lunch. These gentle, chair-based sessions are designed to improve strength, balance, and flexibility, offering a safe and supportive environment for our elders to stay active and energized. Come move with us and feel the difference!



SEPTEMBER

Community Health Assessment

We're currently in the process of conducting a Community Health Assessment to better understand the needs, priorities, and lived experiences of our Little Shell citizens. A heartfelt thank you to everyone who participated in our recent focus group—your insights sparked meaningful conversations about the health clinic and the future of healthcare for our tribe.

As the next step, we'll be using this feedback to guide planning and improvements that reflect the true needs of our community. Stay tuned—your voice continues to shape what comes next.

SEPTEMBER 13

MEAT AND GREET 10am - 12pm

Meat and food will be passed out to our citizens.



SEPTEMBER 20



SACRED CIRCLE FOR YOUTH

Sarah and Noel are excited to continue hosting the Sacred Circle for Youth, a monthly gathering rooted in culture, connection, and wellness.

In August, youth and elders came together to share stories and braid sweetgrass—a beautiful reminder of the power of tradition and community. Each month, our group focuses on building healthy habits while weaving in fun, hands-on activities that support both mental and physical well-being.

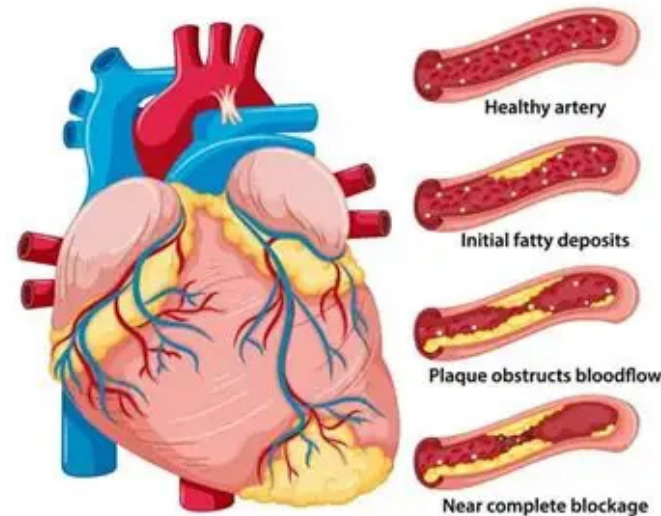
As September marks Suicide Prevention Month, our upcoming Sacred Circle will center on hope, healing, and creative expression. We're honored to welcome a guest art professor from MSU, who will guide us in creating a collaborative banner — with artwork from every youth who attends. This banner will reflect our stories, strength, and support for one another.

For more information or to get involved: Contact Sarah at 406-315-2400 ext. 133 or Noel at 406-315-2400 ext. 110

Watch the Little Shell Tribal Health Facebook page for updates!

WHAT IS CORONARY HEART DISEASE (CHD)?

CORONARY ARTERY DISEASE



Coronary Heart Disease is a condition where the coronary arteries - the blood vessels that supply oxygen-rich blood to the heart - become narrowed or blocked by plaque (a buildup of cholesterol and other substances).

KEY CAUSES AND RISK FACTORS:

- High blood pressure
- High cholesterol
- Smoking
- Diabetes or prediabetes
- Obesity
- Lack of physical activity
- Unhealthy diet
- Family history of heart disease
- Excessive alcohol use
- Chronic stress

COMMON SYMPTOMS:

- Chest pain or discomfort (angina)
- Shortness of breath
- Fatigue

- Heart palpitations
- Pain in the arms, shoulders, neck, jaw, or back
- Sometimes, no symptoms at all - especially in women

WHY IT'S SERIOUS:

CHD is the leading cause of heart attacks and can lead to heart failure, arrhythmias, or even sudden death if left untreated.

PREVENTION & MANAGEMENT:

- Quit smoking
- Eat heart-healthy foods (low in saturated fat, sodium, and added sugars)
- Stay physically active (at least 150 minutes of moderate exercise weekly)
- Maintain a healthy weight
- Control blood pressure, cholesterol, and blood sugar
- Reduce stress
- Take prescribed medications as directed
- Get regular check-ups and screenings

HARM REDUCTION OPIOID EPIDEMIC



RECOGNIZE AND OPIOID OVERDOSE:

Slow or No Breathing
Blue or Gray Lips and Fingertips
Won't Wake Up or Respond
Gurgling or Choking Sounds
Limp Body or Pale Skin

WHAT TO DO:

Call 911 Immediately
Give Naloxone (Narcan) If Available
Stay With Them Until Help Arrives
Do Rescue Breathing If Trained

FREE NALOXONE AVAILABLE
CONTACT NOEL OR KASEY
(406) 315-2400



WELLNESS CORNER

NOW 24/7

Domestic, dating and sexual violence advocacy now available 24/7. Call or chat with an advocate today.



 **Safe. Anonymous. Free. Confidential.**
1-844-762-8483 | strongheartshelpline.org

NATIVE WOMEN’S GROUP



Step into a virtual space where Native women gather to reconnect, reflect, and rise together. In partnership with Kim Doney McKeehan, LCSW, this bi-weekly circle is more than a group—it's a shared journey of emotional wellness, cultural strength, and mutual empowerment.

Whether you're looking to share your story, nourish your spirit, or simply be present among other Native women, this group offers a supportive environment rooted in tradition, healing, and resilience.

Wherever you are, you belong here.

Interested in joining?
Reach out to Kasey at (406) 315-2400 ext. 132 or K.Schindele@lstribe.org



WELLNESS CORNER

EARLY WARNING SIGNS FOR RELATIONSHIPS THAT BECOME VIOLENT

1 FAST PACE <ul style="list-style-type: none">• Intense amount of attention.• The relationship move unusually fast and towards commitment.• You become a couple very quickly and move in together.	2 ISOLATION <ul style="list-style-type: none">• Manipulates you into giving up friends, activities & hobbies outside of the relationship.• Controls where you go & who you see.	3 UNPREDICTABLE <ul style="list-style-type: none">• Irrational mistrust.• Extreme reactions to rejection.• Double standards; creates rules that apply to you not to him.• “Jekyll & Hyde” mood swings.
4 SHIFTS BLAME <ul style="list-style-type: none">• Refuses to accept responsibility & blames external factors• Says his behavior is caused by you, or his “love” for you.• Down plays or denies abuse.	5 JEALOUSY <ul style="list-style-type: none">• Extreme, irrational jealousy.• Constantly suspicious of anyone you spend time with.• No matter what you do you're accused of cheating on him.	6 MONITORING <ul style="list-style-type: none">• Continually checking on where you are & who you are with.• Anger when you don't respond immediately.• Demands online passwords.
7 UNREALISTIC <ul style="list-style-type: none">• Unrealistic statements of fatalistic love or that he can't live without you.• “We'll be together forever nothing can't keep us apart.”	8 POSSESSIVE <ul style="list-style-type: none">• Takes control to the extreme.• Entitlement: Views partner as 'rightfully' owned property.• Threats: “If I can't have you no one can.”	9 BOUNDARIES <ul style="list-style-type: none">• Will not take no for an answer.• Refuses to accept your right to privacy.

COMMUNITY CORNER

HEALTH AND FOOD DISTRIBUTION TEAM



SEPTEMBER IS ALZHEIMER'S AWARENESS MONTH

This month, we take time to recognize the challenges faced by those living with Alzheimer's disease and the families who care for them. As part of our tribal community, many of us are touched by this illness in some way — whether through a loved one, friend, or neighbor.

Caring for elders is part of our tradition, and supporting those with Alzheimer's reflects our values of compassion, respect, and community strength.

DID YOU KNOW? NUTRITION CAN SUPPORT BRAIN HEALTH

What we eat plays a role in how our minds and bodies age. Some of the foods offered through our FDPIR program contain nutrients that may support memory and brain function, especially in our elders.

COMMUNITY CORNER

Here are some FDPIR foods that help nourish both the body and the brain:

- Beans – Packed with fiber and protein, great for heart and brain health.
- Whole grains – Oats and brown rice help regulate blood sugar and improve energy.
- Canned salmon and tuna – Omega-3 fatty acids help support brain cells.
- Fruits and vegetables – Full of antioxidants and vitamins to fight inflammation.
- Nuts (if available) – Boost brain function with healthy fats and vitamin E.

Let us know if you'd like tips or simple recipes featuring these ingredients. We're happy to help!

FRESH FROM OUR NEW DoD FRESH PROGRAM

We are excited to share that we are now distributing fresh produce and eggs through our new DoD Fresh program. These nutrient-rich additions are perfect for creating meals that support overall health — including brain health — and help us provide even more wholesome options to our community. Be sure to ask about them when you pick up your box this month!

SPOTLIGHT: CARING FOR OUR ELDERS

If you are caring for someone with Alzheimer's or memory challenges, we want to support you. Our food boxes can be tailored to include easier-to-prepare items and fresh produce that's gentle on digestion and simple to use.

Reach out to us at 406-315-2400 Ext. 130 if you'd like to discuss how we can better assist the elders in your household.

FDPIR REMINDERS FOR SEPTEMBER

- Pick-up Location: 1301 Stuckey Rd, Great Falls, MT
- Call Ahead for Delivery Options or Appointments: 406-315-2400 Ext. 130
- Let us know if you or a loved one needs food delivered due to mobility or memory issues- we're here to help.

Together, We Remember. Together, We Care. As we raise awareness this month, let's continue lifting one another up. A healthy meal, a kind word, and support for our caregivers go a long way in keeping our community strong.

Wishing you peace and health, The Little Shell FDPIR Team

COMMUNITY CORNER

ICWA TEAM



The Little Shell ICWA Department will have a table at the Pow Wow! Come visit us.

The Little Shell ICWA is working both locally and in other states to ensure that ICWA is being provided for all LST Citizens!

The ICWA Department is looking to assist Little Shell Citizens in becoming licensed foster parents so our children can stay within their culture. We are in the planning process of a recruiting event! This will be held in the near future so please stay tuned for the details.

There is such a need to keep our children in our culture. Please contact the ICWA Department to help us understand the barriers so we can work on getting them out of the way!

If anyone would like more information on ICWA please feel free to call!
406-315-2400 ext. 120

COMMUNITY CORNER

WHAT ARE ACTIVE EFFORTS?

KEY ASPECTS OF ACTIVE EFFORTS:

- **Preventing Family Separation and Reunification:**
Active efforts are designed to prevent the need for foster care placement or termination of parental rights and to facilitate the safe and timely return of children to their families when they have been removed.
- **Involving the Tribe:**
A cornerstone of active efforts is the early and active participation of the child's tribe in all case planning decisions. This includes consulting with tribal social workers and involving tribal representatives in support and service delivery.
- **Culturally Appropriate Services:**
Active efforts require identifying and providing culturally relevant services to address the specific needs of the Indian child and family. This might include connecting the family with culturally specific healing practices, faith healers, or addressing historical trauma.
- **Active Engagement:**
Unlike reasonable efforts, which might involve simply referring a family to services, active efforts involve actively assisting the family in accessing and utilizing those services, overcoming barriers, and participating in the case plan.
- **Documentation:**
State agencies are required to meticulously document all active efforts, including the specific actions taken, the dates, the individuals involved, and the outcomes achieved. This documentation is crucial for the court to determine whether active efforts have been made.
- **Early and Continuous Efforts:**
Active efforts should be initiated as early as possible in the case and should be ongoing throughout the process. They should be reviewed at every court hearing to ensure they are meeting the family's needs.

EXAMPLES OF ACTIVE EFFORTS:

- Providing transportation assistance to help parents attend appointments or visit their children.
- Connecting the family with substance abuse treatment programs and mental health services.
- Assisting the family in finding safe and stable housing.
- Offering parenting classes and other support services to help parents address the issues that led to the child's removal.
- Conducting a diligent search for extended family members who can provide support.

COMMUNITY CORNER

LITTLE SHELL CLINIC



PURCHASED/REFERRED CARE

"Who can help me with my Purchased/Referred Care (PRC)?"
We understand that PRC processes can be frustrating. And while the clinic has no control over it, we've put together a list of people who can help you deal with the purchased/referred care (PRC) process. Below is a list of people trained and with authority to get to the bottom of the problems you're experiencing. Please contact them directly.

Purchased/Referred Care Contact Information/Billings Area Office PRC Staff:

Jolene Birdinground	406-850-5400
Stephanie Addy	406-247-7201
Carlotta Ware	406-850-7017
Contessa Bonds	406-247-4467
Tawnya Bizardie	406-927-5969
Jolene Whiteclay	406-697-4155

Mailing address:
Billings Area Indian Health Service
2900 4th Avenue North
PO Box 36600
Billings, MT 59107

COMMUNITY CORNER

LITTLE HOUSING



The Tribe is Offering Two Appliance Replacement Programs

HUD Appliance Program

- Reside in **Tribal Service Area: Cascade, Glacier Blaine or Hill Counties in Montana.**
- Little Shell Tribal Member must Own or Reside in the House (**NO AGE RESTRICTION!**)
- Low Income Household

Appliances Offered:



Stove



Hot Water Heater



Washer



Dishwasher



Refrigerator



Dryer

Pembina Appliance Program

- Reside anywhere in **Montana.**
- Little Shell Tribal Member **Elders 62 years+** or Members with a **Long-Term Disability**
- Low Income Household

Appliances Offered:



Stove



Refrigerator



Furnace

(406) 315-2400 Office
(406) 315-2401 Fax

LittleShellHousing@lstribe.org
www.montanalittleshelltribe.org

511 Central Ave. W.
Great Falls, MT 59404