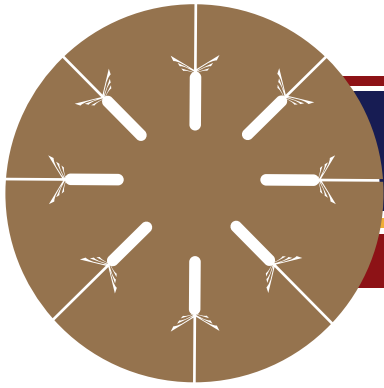




LITTLE SHELL VOICES

Official Little Shell Tribal Newsletter - November 2025

Aanii (Hello)!

As we near the end of the year, the Little Shell Tribal Council has been very busy working on a number of projects and programming to provide better services to our tribal citizens. As many of you are aware, the federal government shutdown has become the longest in history. Due to the Tribal Council's planning, our tribal government programming has felt minimal impacts but we understand that individual tribal members are feeling the impact.

The Little Shell Food Program operates the FDIPR program which offers foods to income-eligible households and is an alternative to SNAP. In addition, we will be hosting a Meat and Greet on November 8, 2025 at the Mijim Center on 1301 Stuckey Road, Great Falls Montana. All Little Shell tribal members, with a valid identification, will be provide a food box during this event. If you have any questions or need assistance filling out an application, please call the Mijim Center at 406-315-2400 Ext. 130 or visit our great staff at 1301 Stuckey Road.

The Tribal Council would like to share a great update on our Ceremonial Center. Progress continues on the Tribe's Ceremonial Center on Stuckey Road. With the building's exterior nearing completion, our contractor and subcontractors are now shifting their focus to interior finishes. The exterior work showcases a fully completed building shell, a newly paved parking lot, upgraded lighting and security systems, and beautifully designed landscaping that reflects the spirit of our community. Inside, members can look forward to open truss ceilings, state-of-the-art audio and visual systems to enhance member meetings, and a top-of-the-line kitchen designed to support future gatherings and celebrations.

Tribal Council is excited to announce that we are on track for a grand opening ceremony in early 2026. This project stands as a testament to our continued growth and shared commitment to creating spaces that bring our community together.

Miigwech (Thank you), Chairman Gerald Gray



INSIDE

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NOVEMBER

FRY BREAD CHRONICLES



FRY BREAD CHRONICLES- LITTLE SHELL HISTORY WITH JESSICA

Noel and Jessica hosted another successful Fry Bread Chronicles gathering on October 2. Over the past year, Fry Bread Chronicles has become a meaningful space for community members to come together, share stories, celebrate culture, and connect over good food and conversation.

The October gathering brought together both familiar faces and new participants, creating a warm and welcoming atmosphere that reflected the heart of the series. Many attendees shared how much they value these events and the sense of belonging they help foster.

Plans for continuing Fry Bread Chronicles are currently being discussed, and more information will be shared soon. Stay tuned for updates as we look forward to future gatherings.

NALOXONE TRAINING

Naloxone Training & Distribution

Little Shell Tribal Health is committed to keeping our community safe and informed. One of the most powerful ways we can do that is by making sure more people are prepared to respond to an opioid overdose. We provide free naloxone training and distribution to community members, giving everyone the tools they need to take life-saving action.

Through our training, people learn how to recognize the signs of an opioid overdose, how to properly use and store naloxone, and how to respond quickly and confidently in an emergency. The goal is to build knowledge and empower individuals to be ready to help when it matters most.

Opioid use disorder continues to rise and has a significant impact on Native communities, affecting families, friends, and loved ones. By increasing access to naloxone and sharing life-saving information, we are strengthening our community's ability to support those who are struggling.

With the right tools, knowledge, and support, each of us can play a role in saving lives. Together, we can make a difference.



GOOD BYE

Goodbye to our Public Health Nurse, Noel

Noel's last day working with the Little Shell tribe is Friday October 17th, 2025. As I wrap up my final days, I want to express my heartfelt thanks for the experiences, relationships, and opportunities I have had during my time here. It has been an honor to serve my community, my people, and to be a part of such meaningful work. While I am moving on to a new chapter, I will always carry this experience with deep appreciation and respect.

WEDNESDAY'S

Virtual Native Women's Group

Every Other Monday 6:00 – 7:00 PM

In partnership with Kim Doney McKeenan, LCSW, this ongoing bi-weekly virtual circle creates a safe and welcoming space for Native women to come together, reflect, and lift one another up. Each gathering centers on emotional wellness, cultural strength, and collective empowerment.

Whether you choose to share your story, reconnect with your spirit, or simply be surrounded by the presence of other Native women, this circle offers a supportive environment grounded in tradition, healing, and resilience. It's a place to breathe, to be seen, and to grow together. Wherever you are, you have a place here.

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

OCTOBER 17



SACRED CIRCLE FOR YOUTH

Sarah and Noel hosted their final Sacred Circle youth gathering on Friday, October 17, from 12:00 PM to 3:00 PM at the Black Eagle Community Center. With school out for the day, it was the perfect opportunity for youth to come together for an afternoon of bowling, pizza, and community.

In addition to the fun, the group focused on mental health, shared conversations, and wrote positive notes to lift each other up. Each youth participant received a free Little Shell hoodie while supplies lasted. The event was open to all youth and provided a meaningful space to connect, have fun, and spread positivity.

And don't forget to follow the Little Shell Tribal Health Facebook page for updates and photos!





WELLNESS CORNER

DOMESTIC VIOLENCE

HOLDING SPACE: THREE WAYS TO SUPPORT DOMESTIC VIOLENCE SURVIVORS ACT

Listen Without Judgment

During the sharing of a survivor's story, it is essential to create a safe environment where they feel valued and heard. Listening attentively is one of the most powerful ways to hold space. Listen to their words and emotions instead of interrupting or offering unsolicited advice. By listening without judgment, survivors can feel understood and less alone in their struggles. Here are some ways to be attentive without judgment:

- Reflect on what you hear to show you're engaged
- Ask open-ended questions
- Validate the other person's experience
- Be present when victims of violence or sexual assault are ready to open up

Validate Their Feelings

As a result of domestic violence, survivors may experience shame, confusion, and fear. It is vital to validate the survivor's feelings without diminishing them. It is okay to acknowledge and validate the survivor's feelings while at the same time letting them know they have made or are about to make the right decision for them. Often, all they need is a listening and trusting friend.

Using phrases like "It's okay to feel this way" or "What you're feeling is completely understandable" affirms survivors' feelings. By validating their feelings, you reinforce that their experiences are real and deserving of attention and care.

Respect Their Boundaries

Providing space means respecting survivors' boundaries. Trauma is a complex thing, and not everyone is ready to talk about it. Let them lead the conversation and be sensitive to their needs. Respect their boundaries if they prefer silence or need time to gather their thoughts. By respecting their boundaries, you show them that you value their comfort and autonomy, fostering a sense of security. Help is available.

Survivors have unique journeys to safety, so there is no right way to hold space or support them. In case you have concerns, our advocates are available by phone, chat, or text 24 hours a day. In addition to helping you identify the stage of change the survivor is in, they can connect you with resources that can assist at the moment. Together, we can build a world free of violence in all relationships.

This blog is part of a blog series for Domestic Violence Awareness Month (DVAM). Be sure to read part one of the series, *Four Ways to Help Survivors or Victims Heal this Domestic Violence Awareness Month*, or part three of the series, *and other ways you can support survivors during DVAM and beyond*.



WELLNESS CORNER





WELLNESS CORNER

CHRONIC DISEASE AWARENESS

What is prediabetes?

With prediabetes, blood sugar levels are higher than normal but not high enough for a type 2 diabetes diagnosis.

Prediabetes is a serious health condition that increases your risk of developing type 2 diabetes, heart disease, and stroke.

The good news? If you have prediabetes, the CDC-led National Diabetes Prevention Program lifestyle change program can help. When you join, you'll learn to make lifestyle changes that lower your risk and improve your health.

What causes prediabetes?

Insulin is a hormone that acts like a key to let blood sugar into cells for use as energy. If you have prediabetes, the cells in your body don't respond normally to insulin. Your pancreas makes more insulin to try to get cells to respond. Eventually your pancreas can't keep up, and your blood sugar rises. This sets the stage for prediabetes—and type 2 diabetes down the road.

Signs and symptoms

You can have prediabetes for years but have no clear symptoms. It often goes undetected until serious health problems such as type 2 diabetes show up. Talk to your doctor about getting your blood sugar tested if you have any risk factors for prediabetes, such as:

- Being overweight
- Being 45 years or older
- Having a parent, brother, or sister with type 2 diabetes
- Being physically active less than 3 times a week
- Ever having gestational diabetes (diabetes during pregnancy)
- Giving birth to a baby who weighed more than 9 pounds
- Having polycystic ovary syndrome

Race and ethnicity are also a factor. African American, Hispanic/Latino American, American Indian, Alaska Native, Pacific Islander, and some Asian American people are at higher risk.

Get tested

You can get a simple blood sugar test to find out if you have prediabetes. Ask your doctor if you should be tested.



WELLNESS CORNER

Prevent type 2 diabetes

If you have prediabetes, you can lower your risk for developing type 2 diabetes by:

- Losing a small amount of weight if you have overweight.
- Getting regular physical activity.

A small amount of weight loss means around 5% to 7% of your body weight. That's around 10 to 14 pounds for a 200-pound person. Regular physical activity means getting at least 150 minutes a week of brisk walking or a similar activity. That's 30 minutes a day, 5 days a week. The CDC-led National Diabetes Prevention Program can help you make those changes—and make them stick. Through the program, you can lower your risk for type 2 diabetes by 58% (71% if you're over age 60).

Ask your doctor if there's a CDC-recognized National Diabetes Prevention Program offered in your community, or find a program. The best time to prevent type 2 diabetes is now.

National Diabetes Prevention Program

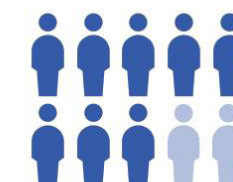
Working together to prevent type 2 diabetes

NATIONAL
DIABETES
PREVENTION
PROGRAM

The Growing Threat of Prediabetes



98 million American
adults—**more than 1 in 3**
—have prediabetes



More than
8 in 10
adults with prediabetes
don't know they have it

COMMUNITY CORNER

HEALTH AND FOOD DISTRIBUTION TEAM



GRATITUDE GROWS HERE

Little Shell FDPIR Newsletter – November 2025 “Gratitude Grows Here”
November is for Giving & Gathering As we enter this season of gratitude, family, and tradition, the Little Shell Food Distribution Program gives thanks to you — our tribal citizens and community. We’re honored to support your households with quality food each month and especially during the holidays.

This Thanksgiving, remember that FDPIR foods can help bring your holiday table to life. From hearty soups to comforting sides and sweet treats — we’ve got the essentials to help you create a meaningful meal.

Need Food Assistance? Apply Online Anytime Our FDPIR program provides monthly food packages to eligible tribal members — nutritious and shelf-stable foods for your household.

Apply online — quick & easy Visit us at: 1301 Stuckey Rd, Great Falls, MT
Call us: 406-315-2400 ext. 130

COMMUNITY CORNER

NOVEMBER HIGHLIGHTS

Thanksgiving Favorites: This month’s featured items include: Canned Pumpkin & Cranberry Sauce – Great for side dishes, sauces, and pies!

Meal Planning Help: Stop by to talk recipes or tips for building your Thanksgiving meal from FDPIR foods.

Holiday Closure Notice: We will be closed from November 27th through December 1st Please plan your food pick-up accordingly.

Tell Us What You Think: We’re still collecting feedback on your favorite fruits and veggies — help us improve future offerings.

Recipe Idea: Pumpkin Cranberry Muffins Combine canned pumpkin, dried cranberries, and a bit of cinnamon for a festive fall muffin. Delicious for breakfast or a snack — ask us for the recipe when you come in!

From Our Table to Yours Wishing you a safe, warm, and joyful Thanksgiving. Thank you for allowing us to serve you and your families.



COMMUNITY CORNER

ICWA TEAM



Hello from the ICWA Department!! We have been enjoying the beautiful Autumn Season!

As always, the ICWA Department is looking to assist Little Shell Citizens in becoming licensed foster parents so our children can stay within their culture. There is such a need for foster parents that can help the native children stay within their culture! Currently there are no Little Shell foster families for Little Shell Children to go to if need be. Please reach out if you are interested.

What to know about ICWA:

Something I would like to address about ICWA is who does it cover. ICWA defines an Indian Child as a person under the age of 18 and either enrolled in a federally recognized tribe or eligible for enrollment in a federally recognized tribe and the biological child of an enrolled member.

Unfortunately this does not include descendants.

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 me!
406-315-2400 ext. 120

COMMUNITY CORNER

LITTLE SHELL HOUSING

WINTER IS COMING

IT'S TIME TO
CHECK YOUR
FURNANCES AND
STOVES!

The Little Shell Tribe is offering two programs to replace furnances or gas/wood stoves for Little Shell tribal members! Check eligibility below!

HUD Housing Assistance Program

- Replacement of Existing Furnance Unit Only
- Little Shell Tribal Member must Own or Reside in the House (No Age Restriction)
- Reside in Tribal Service Area: Cascade, Glacier, Blaine or Hill Counties in Montana

Pembina Appliance Program

- Replacement or New Installation of Furnace System or Gas and Wood Stoves
- Little Shell Tribal Member Elders 62 years+ or Members with a Long-Term Disability
- Reside anywhere in Montana

Call (406) 315-2400 or email us
at LittleShellHousing@lstribe.org.