



Caring for our communities,  
one person at a time.



Colstrip Medical Center  
"Quality Life Through Quality Medicine"



Bringing Communities Together: Healthy Treasures Newsletter

April 2024

Big Horn, Custer, Powder River, Rosebud and Treasure County Newsletter

**APRIL 20TH 2024**

**DIABETES CRUSH IT!** **SUGAR RUSH IT!**

7TH ANNUAL SUGAR RUSH

-5k Run/Walk (\$30)\*  
-1 Mile Fun Run/Walk (\$20)\*  
\*Includes shirt

Proceeds go to:  
Raise awareness for diabetes  
Diabetes Prevention Program  
Diabetes Support Groups

**Hardin Fairgrounds**  
In person race starts at 10am  
157 Sawyer Loop, Hardin, MT 59034  
For more info call 406.665.4103  
REGISTER: [bit.ly/SugarRushSignUp](https://bit.ly/SugarRushSignUp)

On April 20th, 2024, we will have our seventh annual Sugar Rush! A 5k race, a 1-mile fun run, and a 1-mile walk

We are happy to offer both an in person and virtual option. However, if you would like to have your time count towards the prizes offered you will need to participate in person on April 20th, 2024.

The goal is to:

1. Raise awareness of the rapid growth of diabetes in our region.
2. Raise funds for the Diabetes Self Management program
3. Raise funds so we can offer a prevention program for our at risk patients & under-gird our Support Groups.
4. Promote healthy activity and community.

Because we have identified diabetes as a major health factor in Big Horn County this is one area we will seek to make an impact. Our mission at One Health is to provide quality, accessible health care for the whole community. We believe a true culture of health is achieved primarily outside the doors of the clinic. It is instilling healthy habits in our patients, providing education, and creating safe places for this transformation to occur.

Join us for the seventh annual Sugar Rush 5k race, 1-mile fun run, and 1-mile walk! Together we can make a difference in our community.

Here is the link to sign up:

<https://runsignup.com/Race/MT/Hardin/SugarRushBVHC>

### In This Issue:

- Hardin Sugar Rush 4/20
- Kids Kicking Cancer Camp
- Rosebud ReACT Carnival April 5th
- Tobacco Free Parks
- Hysham Health Fair
- Health in the 406  
Oral Nicotine Patches
- Rosebud Health Care Center, Health Fair
- Cancer Support Group
- Cancer Support Community Montana
- Mammogram Bus Schedule
- ReACT Summit, June 12-14, registration ends May 10

**NEW**

Check out our [Calendar of Events](#) page

Find Us On:



# #TreasureYourHealth

#TobaccoFree  
#NicotineFree



# Kids Kicking Cancer Camp

For kids impacted by cancer diagnoses - their own, or a sibling's or parent's - we offer the chance to experience a one-of-a-kind summer camp at no cost. This camp is truly the best of the best - only the most fun, exciting and fascinating experiments of our summer science camps!

- Personalized camp T-shirts!
- All lunches provided!
- Outdoor exploration!
- Hands-on science, engineering and tech!

Dates: Aug 19-22

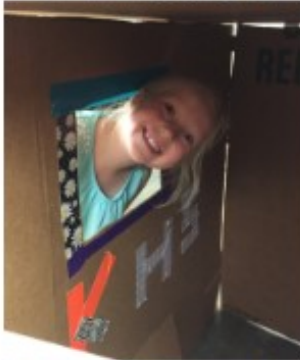
Time: 10am - 2pm

Ages: 6+

Cost: FREE!

Location: ExplorationWorks  
995 Carousel Way, Helena, MT

For more information and to register, email us at [info@explorationworks.org](mailto:info@explorationworks.org) or or call 406.457.1800 ext. 1. Limited financial assistance for travel and lodging is available. Please inquire when registering.



# MY LIFE MY QUIT™

[mylifemyquit.com](http://mylifemyquit.com)

1-855-891-9989



COME ONE, COME ALL TO THE

## ROSEBUD REACT CARNIVAL

April 5th, 2024 | 4 PM - 8 PM

At Rosebud School, Rosebud, MT

BOUNCE HOUSE

PRIZES

SPAGHETTI DINNER



# KNOCK TOBACCO OUT OF THE PARK

STARTS MARCH 30

LET'S MAKE OUR NATIONAL PASTIME TOBACCO-FREE!



MONTANA TOBACCO USE PREVENTION PROGRAM

Smokeless tobacco contains over 28 cancer-causing ingredients and led to the premature death of baseball Hall of Famer Tony Gwynn. Make your local baseball fields tobacco-free and together we can Knock Tobacco Out of the Park! For more information please visit: <https://tobaccofreebaseball.org/>





# Health Fair Lab Draws

April 11th & April 25th

#TreasureYourHealth

Deeply Discounted Prices  
Wellness Profile \$25.00

(Comprehensive Metabolic Panel -  
23 tests + TSH + Lipid Panel)

PSA \$18.00

CBC \$8.00

Hemoglobin A1c \$15.00

Vitamin D - 25OH \$28.00

Please call to schedule  
a Required  
Appointment

406-342-5886

or

406-671-9102

or e-mail

tcph@rangeweb.net  
and we'll reach out  
with an appointment  
time.

405 Pioneer Ave.  
Hysham, MT 59038

Payment is due at the time of service, sorry we  
are unable to bill insurance for these lab tests  
but we can provide you with a receipt.

Sponsored by Treasure County Health Department, Hysham Clinic  
& Deaconess Billings Clinic Lab Services



**LUNGS**

**BURNING?**

**IT'S YOUR**

**VAPE?**

Text "Start My Quit"  
to 855-891-9989.  
Free, confidential help.  
Just for teens.

MY LIFE  
MY QUIT™

MONTANA TOBACCO

QUIT  
LINE  
1-800-QUIT-NOW  
1-800-784-8669

# Health IN THE 406

## Oral Nicotine Pouches

According to a recent survey, [22% of Montanans](#) aged 15-25 reported having tried oral nicotine pouches, such as Zyn, Velo or On!, which come in youth-friendly flavors like mango and citrus.

While many [nicotine pouches claim to be tobacco-free](#), these products contain

nicotine derived from tobacco. Youth use of *any* form of nicotine is unsafe due to its harmful effects on the developing brain.

[My Life. My Quit](#) provides confidential coaching via text, chat, or phone for Montanans under the age of 18 who need help quitting all forms of commercial tobacco use, including nicotine pouches.

# SAVE THE DATE

Community  
Health Fair

**Wednesday, April 24th**

**2:30 pm - 7:00 pm at  
the Exhibit Hall**

*See what local health  
services Forsyth has to  
offer!*

**To commemorate 103  
years of Rosebud  
Health Care Center,  
we are organizing a  
community health  
fair!**

If you are a part of or know a business, group or individual that would like to have a booth, present, etc. Please reach out to Rachel Fritz  
rfritz@rosebudhealthcarecenter.com  
406-346-4237 AND/OR  
Kelsey Fulton  
kfulton@rosebudhealthcarecenter.com  
406-346-4238







# STRONGER TOGETHER

## CANCER SUPPORT GROUP



**BEGINS AT  
12:00 PM**



**THIRD  
WEDNESDAY OF  
EACH MONTH**



**215 NORTH  
WINCHESTER  
MILES CITY, MT  
59301**



**CALL DEE  
ABBOTT AT  
406-852-3539**

The primary aim of the support group is to create a safe and nurturing environment where cancer patients, survivors, and interested caregivers can connect, share their experiences, and draw strength from each other. The gatherings are envisioned as an opportunity for candid conversations, enabling members to exchange advice and find comfort in the knowledge that they are not alone in their cancer journey.



# SURVIVORSHIP SERIES

FIND YOUR NEW BALANCE



*Improve Your Quality of Life!*

Join us for free workshops designed to help survivors and those living with cancer make the transition from active treatment to post-treatment or maintenance care.

**CANCER TRANSITIONS**  
MOVING BEYOND TREATMENT

## REGAIN CONTROL OVER YOUR WELL-BEING!

It is common to feel a wide range of emotions during all phases of the cancer experience. This program covers many topics including: physical activity, nutrition, health, emotional life, and managing your current and future medical concerns.

### SESSIONS INCLUDE:

- Get Back to Wellness
- Emotional Health
- Eating Well and Staying Active
- Medical Management Beyond Cancer

**JOIN THE SERIES VIRTUALLY OR IN PERSON!**



More info!



**CANCER SUPPORT COMMUNITY**  
**MONTANA**

Check our online calendar at [cancersupportmontana.org](http://cancersupportmontana.org) or call

**Bozeman: 406.582.1600**

**Missoula: 406.317.5077**



**DEPARTMENT OF PUBLIC HEALTH & HUMAN SERVICES**



## Mammogram Bus is Coming to Town

The Yellowstone Mobile Mammography bus will be in the following towns to provide mammograms for breast cancer screening:

### April 2024

April 2—Lewistown Clinic

April 9—Lame Deer

April 24—Lodge Grass

April 30—Lame Deer

April 3—Crow Agency

April 16—Forsyth Rosebud Healthcare

April 29—Harlowton Wheatland Mem.

Call Yellowstone Breast Center to schedule a mammogram @ 406-237-4373

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### FREE MAMMOGRAM

No Insurance or can't afford a mammogram?

Montana Cancer Control Program is here to help.



FREE mammograms available through Montana Cancer Control Program funding for income eligible women.

#### 2024 Income Guidelines

1 person in home \$37,650

2 people in home \$51,100

3 people in home \$64,550

4 people in home \$78,000

5 people in home \$91,450

Please contact the MCCP Representative in your area:

Ashland, Lame Deer, Crow Agency, Ashland, Lodge Grass and Hardin Chanda Richards  
email: [chanda.richards@onechc.org](mailto:chanda.richards@onechc.org) or call 406-867-8700

Forsyth, Colstrip, Hysham, Miles City, Ekalaka, Jordan, Broadus Melanie Frame  
email: [melanie.frame@onechc.org](mailto:melanie.frame@onechc.org) or call 406-874-8705

Judith Basin, Petroleum, Musselshell, Golden Valley, & Wheatland Counties Tammy Jo Douglass  
email: [tammy.douglass@onechc.org](mailto:tammy.douglass@onechc.org) or call 406-535-3983



# REACT JUNE SUMMIT

2024

WED  
12

JOIN REACTORS IN  
6TH-12TH GRADE FROM

ACROSS MONTANA  
FOR THE 3RD ANNUAL

THURS  
13

FRI 14

REACT SUMMIT JUNE  
12-14, 2024

AT CARROLL COLLEGE  
IN HELENA, MONTANA.

REACT  
@MTRACT.COM

REGISTER @

WWW.MTREACT.COM

Southeastern Montana has a new logo, You will be seeing this logo on their [Facebook](#), [Twitter](#), and [Instagram](#) pages.

Click on the logo to go to the web page.



## Contact Us:

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Youth Advocate  
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Past and Current Newsletters are on the website for viewing.

Visit us on the we at [treasurecountyhealth.com](http://treasurecountyhealth.com)



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Hysham, MT 59038

Logo's are linked to webpages

