



Caring for our communities,  
one person at a time.



Bringing Communities Together: Healthy Treasures Newsletter August 2023

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

**Thursdays 5:00-7:30pm**

**2023 Schedule**

- 8/3 --- Kid Fest
- 8/10 --- Dog Days of Summer
- 8/17 --- Sea You at the Beach
- 8/24 --- Find Your Roots
- 8/31 --- Vegapalooza
- 9/7 --- Jammin' with RVFM

*The best part of Summer!*

See you at The Plaza  
(200 block N Center Ave. Hardin, MT)

**In This Issue:**

River Valley Farmers Market Begins August 3rd, 5 to 7:30 pm

Treasure County Public Health Mammogram Bus Available August 7th

Health in the 406: Eat Great Food, Have Fun, and Keep these Grilling Safety Tips in Mind

Talking Health in the 406:

New Young Adult Quit Line

Find Us On:

August 17<sup>th</sup> Public Health will be there with the Care Van for Back-to-school Immunizations & Free ice cream with immunizations.



**AMERICAN INDIAN**  
Commercial Tobacco Quit Line  
**1-855-5AI-QUIT**  
MTAmericanIndianQuitLine.com

#treasureyourhealth #TobaccoFree #NicotineFree

# Treasure County Public Health

## #TreasureYourHealth

### Treasure County Public Health

405 Pioneer Ave.  
P.O Box 201  
Hysham, MT 59038  
(406) 342-5886 Office  
(406) 671-9102 Cell  
(406) 342-5951 Fax  
E-mail [tceph@rangeweb.net](mailto:tceph@rangeweb.net)

## Montana

At Treasure County Public Health, the Mammogram Bus will be available August 7th from 9:00 to 3:30.

Sports physicals are underway. Call 342-5886 for an appointment

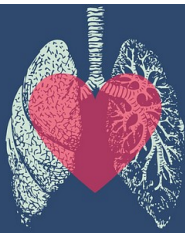
FREE mammograms available through Montana Cancer Control Program funding for income eligible women.

#### 2023 Income Guidelines

- 1 person in home \$36,450
- 2 people in home \$49,300
- 3 people in home \$62,150
- 4 people in home \$75,000

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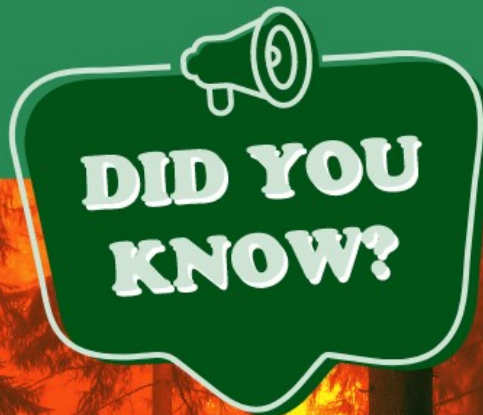


AUGUST 1ST IS

**WORLD  
LUNG CANCER  
DAY**



Human-caused fires result from several causes including negligently discarded cigarettes. Protect your public lands from smoking-related fires by quitting today. Visit [QuitNowMontana.com](http://QuitNowMontana.com) or call 1-800-QUIT-NOW for free help.



**Nearly 85% of wildland fires  
in the United States are  
caused by humans.**

Source: U.S. Forest Service

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

# Health IN THE 406

## Eat Great Food, Have Fun, and Keep these Grilling Safety Tips in Mind

[Grilling season](#) is here! Even with many years of experience it can be hard to determine if your meat was cooked to the proper temperature, use a food thermometer to cook all meats to a [safe temperature](#).

Prepping food the night before is a great way to save time. Be sure to cool food in the refrigerator in shallow (preferably metal) trays to [help prevent illness](#)

Sometime the simplest advice is the best advice, remember [to wash your hands](#) to prevent the spread of disease.



### Yvette Yarger: Learning to Love Life in a Larger Body (cont.)

Join us as guest Yvette Yarger continues her story, discussing her treatment for an eating disorder as someone in a larger body and how it differs from those treated for anorexia or bulimia. She shares how finding Eagle Mount, swimming and moving her body, literally saved her and finally brought joy

**QUIT SMOKING YOUR WAY**  
Text **START** to **88072** for more information.



## Contact Us:

[Deborah French](#), RN  
Treasure County  
Public Health Nurse  
(406) 342-5886 - Office  
(406) 342-5886 - Fax  
(406) 671-9102 - 24/7

[Darlynn Williams](#), RN  
Powder River  
Public Health Nurse  
(406) 436-2297 Office  
(406) 436-2315 Fax

[Jane Lamb](#)  
Tobacco Education Specialist  
Newsletter Coordinator  
Website Manager  
(406) 351-2139

[Morgan Weller](#)  
Powder River County  
Community Health Coordinator  
Tobacco Education Specialist  
(406) 436-2297

[Tori Kester](#)  
Tobacco Education  
Youth Advocate  
(406) 351-9143

Past and Current Newsletters are on the website for viewing.

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



Treasure County Public Health  
P.O. Box 201  
405 Pioneer Ave.  
Hysham, MT 59038

Logo's are linked to webpages

*Healthy People. Healthy Communities.*

MONTANA  
**DPHHS**  
Department of Public Health & Human Services