



Caring for our communities,
one person at a time.



Bringing Communities Together: Healthy Treasures Newsletter March 2024

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

ROSEBUD HEALTH CARE CENTER

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

FOLLOW US

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- Ag Risk & Resiliency Workshop
- Does your child need immunizations?

NEW

[Best Beginnings website](#)

&

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

Find Us On:

#TreasureYourHealth **#TobaccoFree**
#NicotineFree



Mammogram Bus is Coming to Town

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

March 2024

March 6 – Crow Agency

March 11 – Lewistown Clinic

March 20 – Crow Agency

March 29 – Colstrip Med. Center

March 8 – Roundup Memorial Hosp.

March 12 – Lame Deer

March 26 – Lame Deer

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

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 or call 406-867-8700

Forsyth, Colstrip, Hysham, Miles City, Ekalaka, Jordan, Broadus Melanie Frame
email: 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 or call 406-535-3983



Routine visits with a medical provider are key to good health and staying in control of your asthma. Learn more at

**[https://
www.nhlbi.nih.gov/
/health-topics/
asthma](https://www.nhlbi.nih.gov/health-topics/asthma)**

**Schedule some time
for your care, too!**



Among 6th – 12th graders who use only e-cigarettes, the percentage who **vape within the first 5 minutes of waking** has soared from less than **1% in 2014** to more than **10% in 2021**.

Learn more at **KnowTheFactsMT.com**.

Vape first thing after waking up?



That's a wake up call that you have a nicotine addiction.

**MY LIFE
MY QUIT**
mylifemyquit.com
1-855-891-9989



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>



AMERICAN INDIAN
Commercial Tobacco Quit Line

1-855-5AI-QUIT
MTAmericanIndianQuitLine.com

Ag Risk & Resiliency

Workshop

March 20, 2024

8 am to 4 pm

Big Horn County Fairgrounds

Hardin, MT

Presentations by:

USDA Risk Management

NRCS

MSU Extension

Intertribal Ag Council

Local Producers & Buyers

RSVP to BHC Extension(406)665-9774

by March 18, 2024

Montana State University Extension is a ADA/EO/AA/Veteran's
Preference Employer and Provider of Educational Outreach

DOES YOUR CHILD NEED IMMUNIZATIONS?

Even if you currently lost Medicaid
coverage or do not have
insurance we are here to help!

Your child is still eligible to receive immunizations at no cost to you.

PLEASE GIVE US A CALL IF YOU
WOULD LIKE TO SCHEDULE OR HAVE
ANY QUESTIONS

 **406-665-8720**



Public Events are posted on www.treasurecountyhealth.com and on www.bhcbestbeginnings.org Calendar of Events page.



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Past and Current Newsletters are on
the website for viewing.

Visit us on the we at
treasurecountyhealth.com



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Logo's are linked to webpages



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES

If you are in
crisis and
want help,
call the
Montana 988
Suicide
and Crisis
Lifeline, 24/7,
by calling
988. Or, text,
'MT' to
741-741.