



Caring for our communities,
one person at a time.



Bringing Communities Together: Healthy Treasures Newsletter

August 2024

Big Horn, Custer, Rosebud and Treasure County Newsletter

RIVER VALLEY FARMERS MARKET

Thursdays 5:00-7:30pm

2024 Schedule

- 8/1 --- Find Your Roots
- 8/8 --- Kid Fest
- 8/15 --- Jammin' With RVFM
- 8/22 --- Dog Days of Summer
- 8/29 --- Sea You at the Beach
- 9/5 --- Vegapalooza

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 in August

Montana Wild Fires (Map)

Back To School Immunizations

Car Seat Checks at - RVFM

Health in the 406: Juvenile Arthritis

Mammogram Bus Schedule

Vaping Facts

Air Quality Monitoring by DEQ Montana

Join in on an Early Childhood Conversation

NEW

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

Find Us On:



Montana Wild Fires

This Wildland Fire website has current fire information throughout the state of Montana, to learn about Restrictions, Current Fire Information, Smoke Preparedness, and Preparing for a Wildland Fire check out this webpage:

<https://www.mtfireinfo.org/>

For Current Fire Information go to:

<https://www.mtfireinfo.org/pages/0d15f1cf7adf4bf9bed1b82c08d9ed06>



#TreasureYourHealth

#TobaccoFree
#NicotineFree

BACK TO SCHOOL

IMMUNIZATIONS (ALL AGES WELCOME)



THURSDAY
AUGUST
8TH



For More information or
questions, contact us @
406-665-8720

FREE ICE CREAM



FREE SNOW
CONES



5:00 - 7:30PM
@ RIVER VALLEY FARMERS
MARKET

12:00 - 4:00PM
ACROSS FROM LITTLE HORN
STATE BANK





CAR SEAT CHECKS

AUGUST 15TH

5PM - 7:30PM

GET YOUR CHILD'S CAR SEAT
CHECKED FOR A FREE SNOW CONE

RIVER VALLEY
FARMERS MARKET

200 BLOCK CENTER AVE
HARDIN, MT

Health IN THE **406**

Juvenile Arthritis

Arthritis affects people of all ages, including children. It is estimated about [220,000 kids have arthritis in the United States](#).

Children who experience [food insecurity, obesity, and physically inactivity](#) experience higher rates of juvenile arthritis.

[Regular physical activity](#) such as walking, biking, and swimming can help kids manage their juvenile arthritis symptoms.



Mammogram Bus is Coming to Town

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

AUGUST 2024 ST VINCENT MOBILE MAMMOGRAPHY SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 CULBERTSON ROOSEVELT MEDICAL CENTER	2 CULBERTSON ROOSEVELT MEDICAL CENTER	3 IMH WESTEND CLINIC
4	5 HARLOWTON WHEATLAND MEMORIAL	6 IMH LEWISTOWN CLINIC	7 CROW AGENCY	8 IMH LAUREL CLINIC	9 MT STATE WOMEN'S PRISON	10 IMH LAUREL CLINIC
11	12 HYSHAM	13 LAME DEER	14 BIG TIMBER PIONEER MEDICAL	15 IMH RED LODGE CLINIC	16 BLOCKED- MAINTENANCE	17 IMH LOCKWOOD CLINIC
18	19 COL STRIP MEDICAL CENTER	20 JOLIET RIVERSTONE HEALTH	21 PRYOR CLINIC	22 IMH LAUREL CLINIC	23 IMH NORTH SHILOH CLINIC	24 MAGIC CITY WELLNESS EXPO - METRAPARK
25	26 BRIDGER RIVERSTONE HEALTH	27 LAME DEER	28 SCOBAY DANIELS MEMORIAL	29 SCOBAY DANIELS MEMORIAL	30 IMH HEIGHTS CLINIC	31 BLOCKED

FREE MAMMOGRAM

No Insurance or can't afford a mammogram?
Montana Cancer Control Program is here to help.



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

Easy Enrollment QR Code:



VAPING FACTS:

- 1. VAPING HAS BEEN LINKED TO EVALI (e-cigarette, or vaping associated lung injury)**
- 2. SOME VAPE PODS HAVE AS MUCH NICOTINE AS 20 CIGARETTES (a pack of cigarettes)**
- 3. NICOTINE CAN HARM THE PARTS OF YOUR BRAIN THAT CONTROL ATTENTION AND LEARNING**
- 4. NICOTINE CAN CHANGE YOUR MOOD AND INCREASE YOUR RISK FOR MOOD DISORDERS**
- 5. VAPING IS NOT WATER VAPOR—AEROSOL FROM VAPING HAS CANCER –CAUSING CHEMICALS**

Vaping can cause lungs to collapse



Vaping can ruin plans for your future.

Before you try vaping, get educated on what vaping can do to your body.

Brought to you by:

Southeastern Montana Tobacco Use Prevention Program

The purpose of Montana’s ambient air monitoring network is to monitor, assess and provide information on statewide air quality conditions and trends as specified by the Montana and Federal Clean Air Acts. The Air Quality Monitoring Program works in conjunction with local air pollution agencies and some industries, measuring air quality throughout Montana. This data provides the factual basis for regulatory decisions as well as provides air quality information to our local counterparts and the public.



Join a Community Conversation!

Share your expertise and insights on early childhood in our community. Discuss what is working well for families and early childhood providers, identify challenges, and explore opportunities for improvement. Let's collectively work towards making Montana the best place to raise a family.

**Lunch
Provided!**

Date: August 22nd
Time: Noon - 1:30pm
Location: Mountain Shadow Association
 103 Taft Ave Lodge Grass, Mt
 Questions? E-mail Megkian at-
megkian.doyle@mountainshadowassociation.org

**Gift Card
Opportunity!**

Hosted in partnership with Zero to Five Montana, this event aims to gather community input to shape the advocacy priorities for the 2025 Montana Legislative Session.

Contact Us:

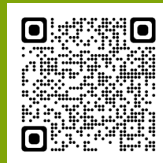
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Past and Current Newsletters are on the website for viewing.

Visit us on the web at treasurecountyhealth.com



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Logo's are linked to webpages



DEPARTMENT OF
**PUBLIC HEALTH &
 HUMAN SERVICES**