



Caring for our communities,  
one person at a time.



Bringing Communities Together: Healthy Treasures Newsletter

November 2023

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



## Mammogram Bus is Coming to Town

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

### November 2023

November 1—Crow Agency  
November 3—Ekalaka  
November 7—Lame Deer  
November 13—Colstrip  
November 21—Lame Deer

November 2—Lewistown  
November 6—Harlowton/Wheatland Mem.  
November 8—Forsyth/Rosebud Healthcare  
November 15—Pryor Clinic  
November 29—Roundup Mem. Hospital

Call Yellowstone Breast Cancer 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.

### 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

### 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

## In This Issue:

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The Stomach Flu

5 actions to keep your community healthy

List of foods for diarrhea

Great American Smoke-Out November 16th

Red Ribbon Week in Powder River

Health in the 406:  
Healthy Lung Month

Big Horn County Best Beginnings—[New Website](#)—[New E-mail](#)

Set your clocks back November 5th

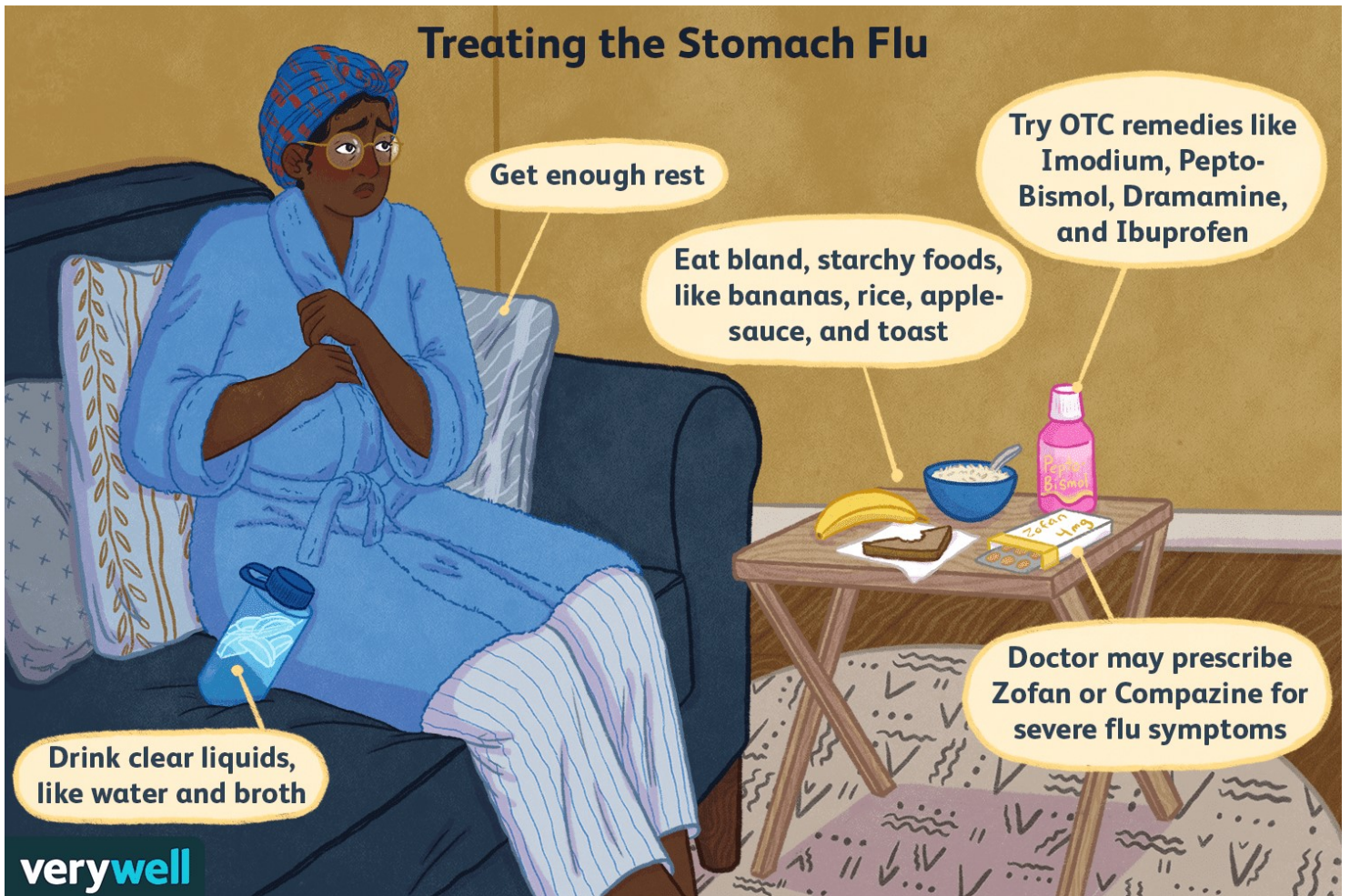
### Find Us On:



# #TreasureYourHealth

#TobaccoFree  
#NicotineFree

## Treating the Stomach Flu



Take these [five easy actions](#) to help you and your community stay healthy this season.

- 1 Avoid close contact with people who are sick, and stay home if you are sick
- 2 Wash your hands with soap and water frequently for at least 20 seconds
- 3 Cover your cough or sneeze with a tissue or your elbow
- 4 Avoid touching your eyes, nose and mouth to help prevent infections
- 5 Get your flu shot

# LIST OF FOODS FOR DIARRRHEA



Banana



Rice



Applesauce



Toast



Boiled Potatoes



Raw fruits and Vegetables



Oatmeals



Boiled eggs

# GREAT AMERICAN SMOKEOUT

NOVEMBER 16 OR

PICK YOUR DAY TO QUIT. INCLUDES VAPING

MONTANA TOBACCO  
**QUIT LINE**  
1-800-QUIT-NOW  
1-800-784-8669  
QuitNowMontana.com

MY LIFE MY QUIT



**Red Ribbon Week in Powder River:**

Tobacco prevention and youth group is sponsoring a door decorating contest in the elementary for drug and tobacco prevention. The winning class will get a pizza party.

# Health IN THE 406

## Healthy Lung Month

Chronic lower respiratory disease, which includes COPD, asthma, chronic bronchitis, and emphysema, was the fourth leading [cause of death in Montana](#) in 2021.

Whether you are young or old, able-bodied or living with a chronic illness or disability, being physically active can help keep your lungs healthy. [Learn more about how exercise can strengthen your lungs.](#)

Programs are available in your community that support a physically active lifestyle. The [Joy in Healthy Living Story Map](#) was created to provide easy access to healthy lifestyle strategies for youth and adults.

## Contact Us:

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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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Logo's are linked to webpages

BIG HORN COUNTY  
**BEST BEGINNINGS**  
COMMUNITY COALITION



Big Horn County Best Beginnings has a new website [www.bhcbestbeginnings.org](http://www.bhcbestbeginnings.org), they also have a new e-mail which is [bhcbestbeginnings@gmail.com](mailto:bhcbestbeginnings@gmail.com). For more information about Big Horn County Best Beginnings contact Shelly Sutherland @ [swsuther@sutherlandconsulting.com](mailto:swsuther@sutherlandconsulting.com).

**Time Changes November 5th, remember to turn your clocks back the night of the 4th before going to bed.**



In 2022, about

**1 IN 10 YOUTH**

used e-cigarettes in the past month.

Learn more: [CDC.gov/tobacco/features](https://www.cdc.gov/tobacco/features)



DEPARTMENT OF  
**PUBLIC HEALTH &  
HUMAN SERVICES**