



Caring for our communities,
one person at a time.



Bringing Communities Together: Healthy Treasures Newsletter October 2023

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



Location: Howard School
16 miles east of Hysham on Old Hwy 10
It will be marked

Friday, October 6th 5 – 8 pm
***Complimentary Wine Sample**
***Charcuterie Cups**

Saturday, October 7th 9 am – 1 pm
***Coffee and Baked Goodies**

“LIKE” us on Facebook for details

***One of a kind market offering a variety
of crafts, antiques, and goodies from area talent!***

In This Issue:

Daze of Fall - Craft Market in Hysham

Red Ribbon Week
October 23—31

Town Hall Meeting in Hardin - October 26th

[My Life My Quit](#)
Quit vaping for teens
13 to 17 years old

National 4-H Week
October 1st—7th

Hysham Happenings

Health in the 406:
The silent killer of your heart

National Preparedness Month:
Preparing Older Adults for Disaster

Clean Indoor Air Act
14 year anniversary

Find Us On:



#treasureyourhealth **#TobaccoFree**
#NicotineFree



**Celebrate
Red Ribbon Week®
(October 23-31)**



www.redribbon.org

RED RIBBON WEEK® OCT. 23-31 • WWW.REDRIBBON.ORG

COMMUNITY

TOWN HALL MEETING

— HARDIN, MONTANA —



THURSDAY, OCTOBER 26TH
TIME: 6:00 PM
Where: Hardin Middle School Auditorium

SPEAKER: STACEY ZINN-BRITTAIN

Stacy Zinn-Brittain is the Resident Agent in Charge (RAC) of Montana for the Drug Enforcement Administration (DEA). She currently oversees offices in Billings, Great Falls, and Missoula. RAC Zinn-Brittain has worked in the Middle East, South America, and the southern border. She will provide information related to her job experience in order to give the participants a world view on the manufacturing of drugs, the destination of the monies back to the drug traffickers, and the origin of the chemicals to make the drugs. She will also touch on the different nefarious groups that are actively targeting Montana. The goal is to provide factual information in order to build a foundation of knowledge pertaining to the realities of the drug flow into Montana.

For more information contact:

Big Horn County Prevention
shannon@bighornprevention.com
 Supported by the
 Drug Free Communities Grant




**LUNGS
BURNING?
IT'S YOUR
VAPE?**

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

**MY LIFE
MY QUIT™**



October 1—7 is National 4-H week.

The goal of 4-H is to develop **citizenship, leadership, responsibility and life skills of youth** through experiential learning programs and a positive youth development approach. To learn more about 4H contact your local County Extension Office.

HYSHAM HAPPENINGS:

The Health Department is assessing community resident's desire to receive the updated Covid booster. Please contact us at 406-671-9102 to leave a message so we can add you to our waiting list for this vaccine.

*Medicare open enrollment starts 10/15/23-12/07/23. Appointments are available with Linda Wolff (406-234-8028) or Deb French (406-671-9102) to review your Medicare Part D prescription drug plans. Please call for an appointment.

*Flu shots are available through Public Health on Mon-Tue-Thurs and walk-ins are welcome. We will be hosting drive-through clinics again this year and will announce those as soon as we are able. Quadrivalent vaccine is available for all and the cost is \$38.00/dose. High dose vaccine for seniors has been ordered the cost is \$80.00/dose. We have programs available to provide vaccinations to those without insurance so please let us know if we can help with that.

Treasure County Health department also participates in the VFC program (Vaccines for children) and can help vaccinate children from newborn-18 years of age.

Hysham Public Schools Handwashing & Respiratory Hygiene presentations is scheduled October 10th

Hysham School Child Find is October 23rd

Coming soon: School based flu shot clinic

Health IN THE 406

The Silent Killer of Your Heart

Do you know why high blood pressure is known as the silent killer? Because high blood pressure often has little-to-no obvious or painful symptoms and can lead to cardiovascular disease, which remains the [number one killer](#) in the United States.

Have your blood pressure checked often at your doctor's office or at home and [understand what your numbers mean](#).

Untreated high blood pressure can lead to vision loss, sexual dysfunction, heart attack, stroke, and more, threatening your quality of life and overall health. Visit [MT CVH Hub](#) to find ways to make lifestyle changes.

National Preparedness Month: Preparing Older Adults for Disasters

Older adults can face greater risks when it comes to extreme weather events and emergencies. Know what [disasters](#) could affect your area, which could call for an evacuation, and when to [shelter](#) in place.

Power outages can cause food stored in refrigerators and freezers to become unsafe. Plan for [food, water, and essentials](#) for you and pets or service animals.

[Make a plan](#) to prepare for communication and transportation needs before a disaster or emergency strikes.

Keeping
Montana
Smokefree
since 2009

CELEBRATE 14 YEARS OF THE
CLEAN INDOOR AIR ACT.
SUPPORT SMOKEFREE
ENVIRONMENTS.

October 1st, 2023 marks the 14-year anniversary of the full implementation of the Montana Clean Indoor Air Act, which has protected Montanans from secondhand smoke exposure in all enclosed public places and workplaces. Visit tobaccofree.mt.gov to learn more.

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



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

Logo's are linked to webpages



DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES