



**HEALTHY
TREASURES
MONTHLY
NEWSLETTER**
Montana



BIG HORN, CUSTER, ROSEBUD, AND TREASURE COUNTY
BRINGING COMMUNITIES TOGETHER

**TAKE DOWN
TOBACCO**
NATIONAL DAY OF ACTION

Stand up to Big Tobacco and call for change!

**PUBLIC HEALTH
IN THE 406**

**MONTANA
DPHHS**

**DEPARTMENT OF
PUBLIC HEALTH &
HUMAN SERVICES**

**QUITNOW
MONTANA**
QuitNowMontana.com
SMOKING | VAPING | CHEW

Take Down Tobacco National Day of Action is back on April 1, 2025! On this day of youth-led action, advocates and their communities come together to stand up to Big Tobacco and call for change. Save the date and follow

@TakeDownTobacco
for updates!
<https://t.co/GOnrCX6Ly>
X
<https://t.co/w3XB9OL...>

**UPCOMING
EVENTS**

**MARCH MAMMOGRAM
BUS SCHEDULE**

**ROSEBUD COUNTY
LIBRARY BOOK SALE**

**HARDIN'S SUGAR RUSH
AND FAMILY FUN DAY**



Mammogram Bus is Coming to Town

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



MARCH 2025 SV MOBILE MAMMOGRAPHY SCHEDULE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------|---|---|---------------------------------|--|-------------------------------|------------------------------|
| | | | | | | 1 IMH NORTH SHILOH CLINIC |
| 2 | 3 FORSYTH ROSEBUD HEALTHCARE | 4 LAUREL SCHOOL DISTRICT – HIGH SCHOOL | 5 IHS CROW AGENCY | 6 IMH ABSAROKEE CLINIC | 7 IMH WESTEND CLINIC | 8 IMH LAUREL CLINIC |
| 9 | 10 BRIDGER RIVERSTONE HELATH | 11 IHS LAME DEER | 12 ROUNDUP MEMORIAL HOSPITAL | 13 IMH LAUREL CLINIC | 14 IMH LEWISTOWN CLINIC | 15 IMH LOCKWOOD CLINIC |
| 16 | 17 ABSAROKEE SCHOOLS | 18 IMH HEIGHTS CLINIC | 19 IHS CROW AGENCY | 20 BILLINGS RIVERSTONE HEALTH | 21 BLOCKED-MAINTENANCE | 22 IMH WESTEND CLINIC |
| 23 30 | 24 IMH NORTH SHILOH CLINIC 31 BLOCKED | 25 IHS LAME DEER | 26 IMH RED LODGE CLINIC | 27 IMH BROADWATER – (AM) SD2 – WEST HIGH SCHOOL (PM) | 28 COLSTRIP MEDICAL CENTER | 29 IMH HEIGHTS CLINIC |

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:



Contact MCCP:

Melanie Frame email: melanie.frame@onechc.org or call 406-874-8705

10 HEALTHY HABITS FOR YOUR BRAIN

TAKE CHARGE OF YOUR BRAIN HEALTH. THESE HEALTHY HABITS CAN LOWER THE RISK OF DEVELOPING COGNITIVE DECLINE AND POSSIBLY DEMENTIA. THIS IS TRUE EVEN FOR PEOPLE WITH A HISTORY OF DEMENTIA IN THEIR FAMILIES.

Follow as many of these tips as possible to achieve the most benefits for your brain and body. It's never too late or too early. Start now!



Protect your head

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.



Be smoke-free

Quitting smoking can lower the risk of cognitive decline back to levels similar to those who have not smoked. It's never too late to stop.



Get moving

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening — whatever works for you!

Challenge your mind



Be curious. Put your brain to work and do something that is new or hard for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.



Control your blood pressure

Medications can help lower high blood pressure. And healthy habits like eating right and physical activity can help too. Work with a health care provider to control your blood pressure.



Manage diabetes

Type 2 diabetes can be prevented or controlled by healthier eating, increasing physical activity and medication, if necessary.



Sleep well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.



Stay in school

Education reduces your risk of cognitive decline and dementia. Encourage youth to stay in school and pursue the highest level of training possible. Continue your own education by taking a class at a local library, college or online.



Eat right

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.



Maintain a healthy weight

Talk to your health care provider about the weight that is healthy for you. Other healthy habits on this list — eating right, physical activity and sleep — can help with maintaining a healthy weight.

Learn more at [alz.org/healthyhabits](https://www.alz.org/healthyhabits).



2024 MONTANA ALZHEIMER'S STATISTICS



PREVALENCE

Number of People Aged 65 and Older with Alzheimer's (2020) **21,000**

% of Adults Over 65 with Alzheimer's **9.8%**



CAREGIVING

of Caregivers **17,000**

Caregivers with Chronic Health Conditions **56.9%**

Total Hours of Unpaid Care **25,000,000**

Caregivers with Depression **22.8%**

Total Value of Unpaid Care **\$478,000,000**



WORKFORCE

of Geriatricians in 2021 **9**

of Home Health and Personal Care Aides in 2020 **7,190**

Increase Needed to Meet 2050 Demand **555.6%**

Increase Needed to Meet 2030 Demand **34.5%**



HEALTH CARE

of People in Hospice (2017) with a Primary Diagnosis of Dementia **507**

Dementia Patient Hospital Readmission Rate (2018) **16.6%**

Hospice Residents with a Primary Diagnosis of Dementia **11%**

Medicaid Costs of Caring for People with Alzheimer's (2020) **\$16.6 M**

of Emergency Department Visits per 1,000 People with Dementia (2018) **1,329**

Projected Change in Medicaid Costs from 2020 to 2025 **22.2%**

Per Capita Medicare Spending on People with Dementia in 2023 Dollars **\$22,360**



MORTALITY

of Deaths from Alzheimer's Disease (2021) **341**

Nearly

7 million Americans are living with Alzheimer's, and more than **11 million** provide their unpaid care. The cost of caring for those with Alzheimer's and other dementias is estimated to total **\$360 billion** in 2024, increasing to nearly **\$1 trillion** (in today's dollars) by mid-century. For more information,

view the **2024 Alzheimer's Disease Facts and Figures** report at alz.org/facts.

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ROSEBUD COUNTY LIBRARY

**BOOK
SALE**



Going on for 3 weeks!

Starting March 3rd through the 22nd

ROSEBUD COUNTY LIBRARY

201 N. 9th Ave. Forsyth, MT

406-346-7561



WEEKLY PROGRAMS

MONDAYS
10:00am

LIBRARY LITTLES

An early literacy program designed for our youngest patrons and their caregivers.

MONDAYS
12:00pm

HUNGRY HIGH SCHOOLERS

A teen program featuring a weekly meeting space and good homecooked meal.

WEDNESDAYS
2:45pm

WONDROUS WEDNESDAYS

An after-school program featuring Lego projects on even numbered dates and craft projects on odd numbered dates.

FRIDAYS
10:00am

STORY TIME

A program featuring reading and crafting that is lead my weekly community volunteers.

ROSEBUD COUNTY LIBRARY
406-346-7561

SAVE



APRIL 24TH

9AM-2PM
2025

THE

DATE



On February 27th, the local Rosebud ReACTors interviewed DeAnne Jonas regarding the process of passing a bill. DeAnne is a local manager at the Forsyth Watering Hole. She participated in a Zoom conference in favor of Montana House Bill 525 (HB 525), which is a bill that would revise the state's laws regarding nicotine and vapor products. The bill was introduced in February 2025. DeAnne spoke to the ReACTors on the process of passing this bill, how she's been involved with many teens, and supported tobacco free lifestyles. DeAnne has supported the Rosebud ReACTors in the past for many years, where they have held "Tear Downs" at her local convenience store to bring awareness to the community members on how tobacco companies target youth. These tear downs are activities where the teens clean up the local gas station by picking up cigarette butt's, liter, and debris. The ReACTors were very grateful for the opportunity to learn about the importance of Montana House Bill 525.

8TH ANNUAL SUGAR RUSH

APRIL 26TH

2025



-5k Run/Walk (\$30)*

-1 Mile Fun Run/Walk (\$20)*

*Includes shirt

Proceeds go to:

Raise awareness for diabetes

Diabetes Prevention Programs

Diabetes Support Groups

Hardin Fairgrounds

In person race starts at 10am

157 Sawyer Loop. Hardin, MT 59034

For more info call 406.665.4103

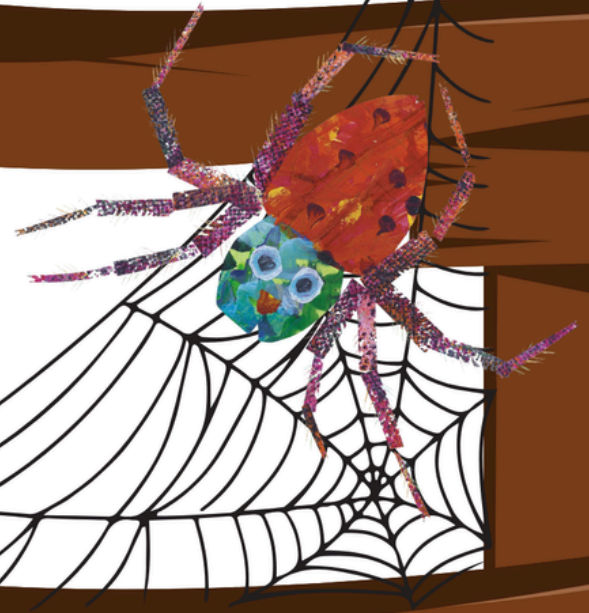
REGISTER: bit.ly/SugarRushSignUp

FAMILY FUN DAY

Big Horn Center
200 N Mitchell Ave. Hardin, MT

Saturday May 17th 12-3pm

- Door Prizes
- Photo Booth
- Gifts & Games
- Face Painting
- Yummy Snacks
- Family Health
- Interactive Zoo animals



BHC Public Health, SCL Health now Intermountain Health, One Health, IHS, HRDC, WIC, Big Horn Hospital Association, Best Beginnings, Kindergarten Readiness Center, Early Childhood Intervention, Hardin Chamber of Commerce, Tobacco Prevention, MT ZOO, BHC Museum, Helping Hands Food Bank, One Health Hope Drop in Center, Big Horn County Prevention / Mental Health Center, Messengers for Healthand, Parenting Montana.

Happy Dentist's Day



March 6



According to the American Lung Association, smokers are at a 10 times higher risk for developing oral cancer compared to non-smokers. At your next dental visit, talk with your dental provider about how quitting can improve your oral health.

#QuitNowMontana #oralhealth
#nationaldentistday
#quittingcommercialtobaccosaveslives
#stopthevape
#throughwithchew
#quittingsaveslives #Health406

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PAST AND CURRENT NEWSLETTERS
ARE ON THE
[TREASURECOUNTYHEALTH.COM](https://www.treasurecountyhealth.com) WEBSITE

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CHECK OUT
CALENDAR OF
EVENTS



ALL LOGO'S AND IMAGES ARE LINKED TO WEBPAGES

