



FALL IS IN THE AIR

It is important to know about the different flu viruses currently in circulation, their risks, and what you can do to protect yourself and the people you care for. There are everyday steps you and your loved ones can take to help protect yourselves against infection from flu viruses, and there are steps you should take if you become infected.

It is quite likely that the H1N1 virus will emerge again during the usual mid-winter influenza season. You, your family, and your community should get vaccinated.

The most important action you can take is to get vaccinated. Anyone wanting to reduce their chances of becoming ill with the flu should get the flu vaccine. And remember - people who get the flu vaccine protect themselves, and they also reduce their risk of spreading flu to other loved ones.

By getting the flu shot/H1N1 vaccine, you protect yourself, your family, and your community!

**For more details go to: www.RMTEC.org and click on:



We are gearing up for the flu season with the transition from summer, fall and winter just arriving around the corner. We want to make sure everyone is fully prepared. Always remember to cover your cough with your arm, wash your hands. Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, water. However, if soap and clean water are not accessible, as is common in many parts of the world, use soap and available water or an alcohol-based product containing at least 60% alcohol to clean hands.

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a timer? Hum the "Happy Birthday" from beginning to end twice.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible,



Groundbreaking Ceremonies for Child & Youth Health Projects at Wind River

During the hot month of August, staff from the Rocky Mountain Tribal Epidemiology Center traveled to the Wind River reservation in Wyoming to present Big Checks and to attend two groundbreaking ceremonies for the Child & Youth Health Project.

The first groundbreaking ceremony took place at Ft. Washakie, where the Eastern Shoshone Tribal Health Department unveiled their plans for the Chief Washakie CYP Playground. The new playground will be built near the Boys and Girls Club, and will be near the future home of a new Eastern Shoshone Tribal Health Department building. Dignitaries from the Eastern Shoshone Business Council came to show their support for the playground project. Kassy Jarvis, Eastern Shoshone Tribal Health CHR, attended the S.A.F.E. Playground Assessment Training in Bismarck, ND in September. The S.A.F.E. model taught participants about Supervision, Age Appropriate Design, Fall Surfacing and Equipment/Maintenance. Participants learned that play environments should be designed to challenge a child's physical, emotional, social, and intellectual (PESI) abilities while protecting them from unreasonable risk of injuries.

The Northern Arapaho Tribal Health Department, in partnership with Northern Arapaho Tribal Housing, organized a grand celebration for the groundbreaking ceremony for the Sisters Hiseihiho' Playground, which will be built in the neighborhood of Beaver Creek. The day began with an honor song and prayer and Allison Sage, Northern Arapaho Tribal Health Director, expressed his commitment to the health and safety of all Northern Arapaho people. Dignitaries from the Northern Arapaho Business Council, Northern Arapaho Tribal Housing, Kids First Inc. and state of Wyoming came to express their support for safe play areas for the youth of the Wind River Reservation. A large, healthy community feed was prepared and guests ate while listening to wonderful music played by a local band.



From the Left: Playground Ground Breaking Ceremony at Eastern Shoshone, August 19, 2010; Playground Ground Breaking Ceremony Northern Arapaho, August 20, 2010.

For more information on the Child & Youth Health Project (CYP), contact Dyani Bingham, CYP Project Coordinator at dbingham@mtwytlc.com or 406-252-2550.

Montana Wyoming Tribal Cancer Summit

Great Falls, Montana

September 8 to 9, 2010

The Montana Wyoming Tribal Cancer Summit was successfully held on September 8-9, 2010 in Great Falls, MT at the Benefis Health System. An amazing group of partners came together to “put hearts and minds together to help Indian Country prevent cancer” and came away with the message, “We can’t do this alone”!

Participants learned that “every single one of us” has a role to play in helping prevent cancer in our Indian communities. The goals of the conference were to celebrate cancer prevention, treatment and follow-up services successfully implemented among American Indian Populations in Montana and Wyoming, and encourage collaborations and partnership among American Indian Cancer stakeholders through sharing of experience and resources.

Cancer experts were recruited to present on all cancers including colorectal cancer during plenary sessions at the cancer summit. Experts shared data from cancer, needs assessment for tribes in Montana and Wyoming, and specific information about colorectal cancer among Northern Plains Tribes (Cancer is the second highest cause of death among American Indians in all IHS Service Areas as of 2004). The importance of comprehensive cancer care, cancer control and cancer prevention was emphasized by all presenters.

The Summit offered six separate breakout sessions focusing on all cancers with emphasis on colorectal cancer. From these sessions, moderators worked with attendees to carefully record and report information shared during the sessions. The purpose of these sessions and the entire summit was to identify existing programs and partnerships relating to cancer, especially colorectal cancer; create new partnerships with programs and community champions, and share successful outreach interventions/best practices for replication among Montana and Wyoming American Indian communities.

At the end of the two-day summit, a Cancer Task Force was formed. The task force consists of participating cancer stakeholders and MTWYTLC/RMTEC staff. Through this group, the individuals and programs represented at the summit will work collectively to build cancer resources, staff training, screening and treatment services for American Indians living in Montana and Wyoming.

The Cancer Task Force goals were identified as:

- Short-term goals: (1) Develop a communication process and organize a means of follow-up for the task force. (2) Identify new partners and develop a process to link existing programs.
- Mid-term goals: (1) Identify cancer training needs of the Montana and Wyoming Tribes. (2) Determine collaborating partners, and resources available to meet these needs (i.e. website and online resource directory for cancer).
- Long-term goals: (1) Identify current needs relating to screening, education, treatment and support services. (2) In areas where there are no resources, identify funding and resources, integrate existing cancer and CRC services with Montana and Wyoming tribes. (3) Develop a cancer grant proposal in collaboration with the members of the task force for Montana and Wyoming Tribes.

The summit was funded and planned by the Montana Wyoming Tribal Leaders Council, Tribal Health Departments; Centers for Disease Control & Prevention – CDC, Indian Health Service - IHS Headquarters (Division of Epidemiology & Disease Prevention)/Billings Area Indian Health Service, Montana State Health Department, Benefis Health System, Billings Clinic, St. Vincent Hospital, River Stone Health, Montana Cancer Control Coalition and the Montana Cancer Institute Foundation.

A comprehensive Summary Report from the Summit will be available to download and review at the Rocky Mountain Tribal Epidemiology Center’s website: www.rmtec.org

For more information contact Nona Main, nona@mtwytlc 406-252-2550.



From Left: Jace Killsback, MTWYTLC Subcommittee on Health Chair and Rosella Pongah, Northern Cheyenne; Participants at the Cancer Summit; Participants at the Breakout Session During the Summit.

From Folorunso Akintan to you.....



On Behalf of the Montana Wyoming Tribal Leaders Council, I would like to thank all sponsors and participants at the "First Montana Wyoming Tribal Cancer Summit" which took place in Great Falls, Montana on September 8 to 9, 2010. RMTEC Staff worked hard to make the Summit a success and I am proud of them all!

During the quarter, we applied for a Center for Disease Control and Prevention (CDC) grant and we were awarded a \$500,000 grant for the next five years for the "Strengthening Public Health Infrastructure Outcome Project". This project entails building the Public Health capacity of all Montana and Wyoming Tribal Health Departments until these departments are able to stand as accredited public health entities and exercise their public health authority. It is a slow but steady up hill journey, but with persistency, we will get there!



NEW FACES AT RMTECWelcome!



Prabasaj Paul, PhD MPH,
MTWYTLC/RMTEC Epidemiology/Statistician

Prabasaj Paul, PhD MPH, is an epidemiologist with a background in theoretical physics. His experience includes four years as U.S. Peace Corps volunteer in Cameroon, and eight years as a physics professor, with a strong mathematical/statistics background. He recently turned to a career in epidemiology to cleave closer to long-standing goals and ideals. He moved from Ohio to Montana to join RMTEC, and looks forward to cross-country skiing and bicycling with his seven-year-old son.

Summer Internship Position Available

OPEN: October 1, 2010

APPLICATION DEADLINE: January 31, 2010

LOCATION: Montana Wyoming Tribal Leaders Council/Rocky Mountain Tribal Epidemiology Center, (MTWYTLC/RMTEC) Billings Montana

POSITION: One Half Time position

JOB TITLE: Montana Wyoming Native Youth Development Project Intern

COMPENSATION/SALARY: Based on Experience/Degree

INTERNSHIP PERIOD: One year Internship period or Summer Internship

HOUSING:

MTWYTLC/RMTEC is willing to work with intern to secure temporary housing at the Montana State University Summer Housing project or other Temporary Housing arrangements during the internship period.

Montana Wyoming Native Youth Development Project

Youth Data Skills and Development

The Youth Data Skills and Development phase is a youth development focused project that entails mentoring at least one youth from the Montana and Wyoming Tribes annually as an Epidemiology Intern at RMTEC. The purpose of the "Mentoring" aspect of the Youth Data Skills and Development phase is to mentor young and upcoming Tribal youth (college age group) with a focus on Public Health, including prevention strategies, statistics and epidemiology. The intern selection would be rotated among the Montana and Wyoming Tribes over the years. The interns will work closely with the RMTEC Epidemiologists on Topics and Data Reporting of relevance to their Reservation Health.

Internship Position would allow for:

- Individual student capacity building
 - An opportunity to work on prevention projects for public health problems on Reservations
 - An opportunity to earn credit units and/or do a practicum
 - Increase knowledge of public health epidemiology fundamentals
 - Increase public health and epidemiology literacy
- Increase ability to create positive norms

Position Description:

Essential Functions:

- Assist with all currently funded RMTEC Projects
- Assist the RMTEC epidemiologists in data entry and data reporting
- Assist RMTEC in the updating of its website and review of all media publications
- Travel to Montana and Wyoming reservations and various out of state trainings/meetings/conferences is required

Additional Functions:

Work in a cooperative and professional manner with all MT-WY TLC / RMTEC staff.

Other functions as assigned by RMTEC Director.

Reports:

Directly to the Rocky Mountain Tribal Epidemiology Center Director

***Please send your resume to Folo Akintan at fakintan@mtwytlc.com



Fall tips for your home

- Check all window and door locks for proper operation
- Check your home for water leaks
- Review your fire escape plan with your family
- Make sure there are working nightlights at the top and bottom of all stairs
- Have a heating professional check your heating system every year
- Protect your home from frozen pipes
- Replace your furnace filter
- Run all gas-powered lawn equipment until the fuel is gone
- Test your emergency generator
- Have a certified chimney sweep inspect and clean the flues and check your fireplace damper
- Remove bird nests from chimney flues and outdoor electrical fixtures
- Inspect and clean dust from the covers of your smoke and carbon monoxide alarms
- Make sure the caulking around doors and windows is adequate to reduce heat/cooling loss
- Make sure that the caulking around your bathroom fixtures is adequate to prevent water from seeping into the sub-flooring
- Replace your furnace filter -Furnace filters need to be replaced frequently to allow your heating and cooling systems to operate properly
- Smoke Alarms -Check all batteries and replace if needed.

Holiday Safety Tips

Thanksgiving Day has more than double the number of home cooking fires than an average day according to the U.S. Fire Administration. In fact, each year more than 4,000 fires occur on Thanksgiving Day.

To help prevent home fires this Thanksgiving, the Red Cross suggests the following tips:

Keep potholders and food wrappers at least three feet away from heat sources while cooking

- Make sure all stoves, ovens, and ranges have been turned off when you leave the kitchen
- Set timers to keep track of turkeys and other food items that require extended cooking times
- Turn handles of pots and pans on the stove inward to avoid accidents
- Follow all manufacturer guidelines regarding the appropriate use of appliances
- After guests leave, designate a responsible adult to walk around the home making sure that all candles and smoking materials are extinguished

If you feel as if food may be caught in your throat, never leave the room, stay where others can see you and help if your airway becomes blocked. To help someone who is choking, remember "FIVE-and-FIVE Can Keep Them Alive." First, ask the person if they are able to breathe and if you can help. Once you know the person is unable to cough, speak or breathe, have someone call 9-1-1 or your local emergency number, lean the person forward and give FIVE sharp back blows with the heel of your hand. If the obstruction isn't dislodged, give the person FIVE quick, upward abdominal thrusts. If you are alone, you can perform abdominal thrusts on yourself, just as you would on someone else. Thrusts can also be administered by pressing your abdomen firmly against an object such as the back of a chair.

Have a happy *and* safe holiday!



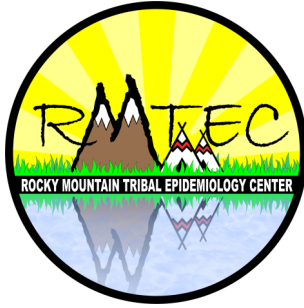
Halloween Safety Tips

Anytime a child has an accident, it's tragic. Having your child get hurt any day of the year would be horrible but the last thing that you want to happen is your child to be hurt on a holiday, like Halloween! Here are some great safety tips to make your Halloween fun and safe.

- Never go with strangers
- Be careful when crossing streets
- Make sure you look both ways before crossing
- Have an older teen or adult go with you
- Don't open treats before you parents can look through them to make sure they are safe
- Throwing eggs at cars and houses is not cool
- Never accept goods from strangers
- Make sure you carry a flashlight and have something reflective on so that the cars can see you in the dark

Have fun on Halloween but keep it safe, have some good, clean fun and your parents will trust you for many Halloweens to come ! Showing them how responsible you can be will give you a feeling of pride and make them see just how adult you really are





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Check out our Website !!!

www.rmtec.org