

# Kul Wicasa Syapaha

## COMMUNITY NEWSLETTER

FEBRUARY 2020

### February is American Heart Month

Did you know February is American Heart Month?

February is widely known as the month we shower our friends and loved ones in celebration of Valentine's Day. Did you know Valentine's Day isn't the only heart-centered celebration this month? February also serves as American Heart Month, an event to promote and celebrate healthy hearts and raise awareness about heart disease and stroke. Here are some ways to incorporate heart health into your Valentine's Day plans.

1. Cook your friends or loved ones dinner at home.

There are many benefits to cooking dinner at home, but one of the biggest benefits is the ability to control ingredients and portion sizes. Sodium is a significant contributor to heart disease, so try to impress them with some low sodium substitutes. Be sure to include a lean protein and lots of veggies!

2. Go on an active date.

Staying active is an important part of staying heart-healthy! Instead of centering your Valentine's Day celebration around food, try getting in some physical activity instead. You could try ice skating, dancing, or going for a hike to celebrate.

3. Get creative with your gifting.

Valentine's Day is notorious for gifting chocolates and other sweets as gifts to show our loved ones and friends just how much we care about them. However, there are other ways to show our love! Be creative with it. You could try a cooking class, a night away at a movie, or crafting your gift.

### Cherry Crisp

#### INGREDIENTS

##### Topping

1 c whole wheat flour  
1 c rolled oats  
2/3 c packed brown sugar  
1/4 t cinnamon  
Pinch salt  
1/2 c melted butter

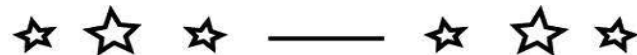
##### Cherry Filling

2-cans cherries in water  
1/3 c sugar  
2 T orange juice concentrate  
2 T cornstarch  
1 T + 1 t water  
1/4 c + 2 T cherry juice

#### DIRECTIONS

1. Grease a 9x9 pan.
2. Mix topping, set aside.
3. Drain cherries save 1/2-cup juice.
4. Place cherries in baking pan.
5. Mix cherry juice with sugar and orange juice in a saucepan. Heat on medium for 2 minutes.
6. Mix cornstarch and water, add to juice mixture. Heat on medium until thick.
7. Remove from heat. Stir well.
8. Pour 2/3-cup of juice mixture over cherries in the pan. Discard remainder.
9. Sprinkle topping over cherries.
10. Bake 425 degrees F for 40 minutes.

Yield: 16 servings. Nutrition Facts per Serving: Calories 180; Fat 6g; Cholesterol 15mg; Sodium 70mg; Carbs 30g; Fiber 2g; Sugars 20g; Protein 2g. Source: Healthy Meals Resource System



### February 2020 Prenatal & Breastfeeding Class Schedule

Prenatal Class	Breastfeeding Class
Lower Brule Sioux Tribal Office Health Admin Conference Room	Lower Brule Sioux Tribal Office Health Admin Conference Room
February 4th Held from 10-1130 AM	February 18th Held from 10-1130 AM
What Does the Parental Class cover? * Learn about Prenatal Care, Appointments and What to Expect, Nutrition, Safe Medications, Smoking, Drug, and Alcohol use during Pregnancy, Learn about Pregnancy, Labor + Delivery and Postpartum Care	What does the Breastfeeding class cover? * How Breastfeeding Works, Latch and Positioning, When to Feed Your Baby, Breast Care, Pumping, Common issues and Storage

All expecting parents are invited to an educational presentation and discussion related to pregnancy and breastfeeding. Please join me in an interactive prenatal and breastfeeding sessions.

Class will be taught by  
Bobbi Ducheneaux-Sinclair RN  
Public Health Nurse  
Lower Brule IHS  
473-8169

Snacks & Door Prizes!



### 2020 FFA-RAVS LOWER BRULE SPAY-NEUTER & WELLNESS CLINIC - July 6 thru July 9, 2020 -

#### 2020 LOWER BRULE SPAY-NEUTER & WELLNESS CLINIC

Everyone is WELCOME to bring their dogs and/or cats for this FREE CLINIC to include spay-neuter surgery, vaccines, de-worming and flea-tick medicine at the LOWER HIGH SCHOOL GYM.

#### CLINIC SCHEDULE AT THE HIGH SCHOOL GYM

MONDAY JULY 6, 2020 — SURGERY ONLY (8AM UNTIL FULL)  
TUESDAY JULY 7, 2020 — SURGERY ONLY (8AM UNTIL FULL)  
WEDNESDAY JULY 8, 2020 — SURGERY ONLY (8AM UNTIL FULL)  
THURSDAY JULY 9, 2020 — WELLNESS CLINIC (8AM UNTIL FULL)

\*\*\*Injured and/or sick animals will be assessed anytime on any day\*\*\*

FOR SAFETY — Please keep cats in carrier or cardboard box with holes and dogs on leashes\*\*\*

\*\*\*Surgery Clinic Days is for Spay / Neuter and Emergency Surgeries Only\*\*\*

\*\*\*Wellness Clinic on Thursday, July 9th Includes\*\*\*

Vaccines, De-worming, Flea-Tick Medicine and Pet Examinations Only

#### FOR INFORMATION CONTACT

Wildlife Conservation Officers:  
Donovan Grass Rope

Tim Feliciano

Office - (605) 473-5666



## Thanksgiving Food Bags

On November 25th, 2019, the Lower Brule Wellness Coalition had a Thanksgiving potluck and packed 197 Thanksgiving food bags for the Lower Brule elementary and middle school students. The bags consisted of items including: bottled water with crystal light packages, granola bars, fruit snacks, ravioli, oranges, pudding, etc. An informational card with the Lower Brule Wellness Coalition vision and mission statement, monthly meeting time, and food pantry hours was also included in the bags. Thank you to all of the volunteers and coalition members who came to help!



## A Very Successful Pow-Wow

WHAT A GREAT WAY TO CELEBRATE NEW YEAR'S EVE. OVER 250 PEOPLE CAME TOGETHER FOR AN EVENING OF FUN, FOOD, MUSIC AND DANCE.

The JROTC lead in the grand entry. There were 46 Tiny Tot dancers, 15 pre-teens /teen dancers and 9 adult dancers along with 4 drum groups. Special dances like Rabbit dance, Kahomi dance, potato dance and musical chairs for all age groups helped make a special evening. Jeshua Estes was the arena director along with other duties. Clark Zephier was the eyapaha (announcer).

The 2019 clown, Cody Russell danced around until the 2020 NEW YEAR (Toto Carpenter) MADE ITS APPEARANCE AND CHASED THE OLD YEAR OUT.

Clark Zephier and family honored us with a very heartfelt prayer for the New Year (2020) and sang a beautiful song with everyone present at midnight. Everyone went around in a big circle wishing each other a Happy New Year.

Additional pictures on page 7





### February Birthdays

Sandra Abdo	Sonya Johnson
Claudia Cortez	Spencer LaCroix
Sharon Bingen	Erwin LaRoche
Wanda Brouse	Marlowe LaRoche
Jordan Brings	Valerie LaRoche
Francis Byington, Jr.	Farrell McBride
Danielle Ducheneaux	Janet Michalek, Fast Wolf
Deanna A. Driving Hawk	Jaimee Moore
Winter Driving Hawk	Deanna Never Misses a Shot
Toby Estes	Ronald Quilt, Sr.
Percy Estes	Kim Schwietzer
Sherwood Estes, Sr.	Sheryl Scott
Mato Luta Eagle Horse	Christian V. Skunk
Ryan Goodface	Paul Souilliere
Garfield Goodface	Raymond Thigh
Tierryn Goodface	Lawrence A. Thompson, Jr.
Janice Grassrope	Leonard Traversie, III
Lucas Grassrope	Jerwyn Wilson
Marlin Greenwood	Jessica Wilson
Staci Her Many Horses	Myron Ziegler, Jr.
Keith Hood	Myron Ziegler, Sr.
Wyatt Isburg	Tyronne T. Ziegler
Dimitry Jandreau	Margaret Wilson
Larry Jandreau	Robby Stricker
Patrick Jandreau	Jordan A. Thompson
Kristinia D. Johnson	

## LB Birth to 5 Screenings

The Lower Brule Birth to 5 Program assists families in tracking their child's growth and development. Screenings are held on the second and fourth Thursday of the month. Children are screened at developmental milestones. Parents of children participating in screenings receive a report on their child's development and assistance accessing additional services, if the screening shows such a need. The child receives formula, diapers and/or a book based upon the developmental age and needs of the child.

### NOVEMBER SCREENING DATES

Location: Lower Brule Head Start

DAY	DATE	TIME
Thursday	February 13, 2020	10:00 AM to 3:00 PM
Thursday	February 27, 2020	10:00 AM to 3:00 PM
Thursday	March 12, 2020	10:00 AM to 3:00 PM
Thursday	March 26, 2020	10:00 AM to 3:00 PM
Thursday	April 9, 2020	10:00 AM to 3:00 PM
Thursday	April 23, 2020	10:00 AM to 3:00 PM
Thursday	May 14, 2020	10:00 AM to 3:00 PM
Thursday	May 28, 2020	10:00 AM to 3:00 PM
Thursday	June 11, 2020	10:00 AM to 3:00 PM
Thursday	June 25, 2020	10:00 AM to 3:00 PM



I would like to WISH my Ina (Freda) a VERY HAPPY VALENTINE DAY! Hope your day is beautiful like you.... From all of us. WE LOVE YOU Ina.



Head Start News

Christmas is passed and Valentine’s Day is fast approaching. Head Start children enjoyed all the art projects and learning activities related to Christmas and snowmen. Now the children are working on valentines. Learning activities will include art projects, songs, language exposure with new words introduced related to valentines and reviewing different preschool concepts.

One of the highlights of February will be the Valentine parties in each of the classrooms. This is a fun time with the children exchanging valentines, sharing goodies and playing games. To many adults this sounds like fun but the teachers include learning goals in each of these activities that help children learn/review preschool skills. Many of the parents included the goal that they would like their child to learn to share. February activities will encourage children to get along with others while having fun. Notes will be sent home giving information on the time of the parties.

Plans are still being finalized for the Head Start “Winter Festival.” The festival is usually held in February. All families and friends are invited to attend this program. Each classroom will participate in a short program sharing preschool activities the children have worked on. Some of the children will be serious and some will be take the lead but all children will have a part.

Notes will be sent home with information about the time and place.

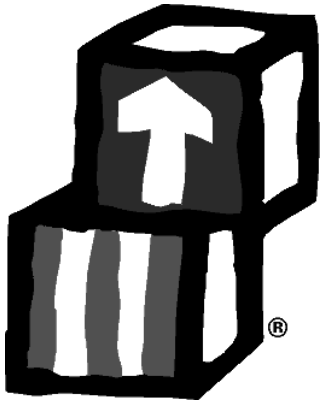
Christmas was a fun time for the children at Head Start. Many of the activities centered around art activities, cooking projects and using preschool concepts within a Christmas theme. Children reviewed how many places the star could be placed on the tree (high, low,

beside etc.) and how many presents could be place under the Christmas tree. Fine motor skills were practiced when children made decorations or gifts for their parents.

The Head Start kitchen staff was busy before Christmas. Besides cooking the daily meals, kitchen staff started baking cookies and treats for the “Cookie Plates” for the parents. The children got a Christmas stocking with toys and snacks and the parents got their “Cookie Plates.” Children got to have their picture taken with Santa. Head Start staff then worked together to print the pictures and make Christmas cards for the families. Head Start would like to thank Pastor Chris from the Hill Top Baptist Church for the donations for the children. Both children and staff enjoyed their Christmas break but were ready to come back.

Additional services for Head Start children continue in the New Year. Speech and language therapy, classroom coaching, early intervention, behavior observations, and nutrition consultations are provided for the children.

February will be a time of assessments, completing early childhood curriculum checkpoints and updating behavior observations. Teachers will be busy tracking the progress of each child, planning interesting and educational learning units for the children and attending college classes.



Golden Buffalo Casino February 2020 Calendar of Events

HOT SEAT DRAWINGS EVERY FRIDAY & SATURDAY FROM 7 TO 11 PM IN FEBRUARY!

SUN	MON	TUES	WED	THU	FRI	SAT
<b>BIG GAME BOARD DRAWINGS</b> Join us for the big game on Sunday, February 2, with \$2,000 to be given away from 5-10 PM. Numbers will be drawn prior to kick-off along with free beer & chips 'n salsa beginning at 5 PM & 5X Points from 4 - 7 PM, "Free Play Frenzy" from 7 - 9 PM, and wing special (dine-in only). Postcards will be mailed out to qualifying members.		<b>VALENTINE'S DAY DRAWINGS</b> \$2,000 to be given away! (Must be present to win.) Hot Seat Drawings every 1/2 hour from 7 - 11 PM, sixteen (16) winners will receive \$50 cash, \$50 free play from 7 - 10:30 PM, and four (4) winners will receive \$100 cash & \$100 free play at 11 PM. Restaurant specials & free flowers to the first 100 ladies in our restaurant (after 5 PM). Motel rooms for \$40 or 3,000 players club points - includes breakfast for two!		<b>28TH ANNIVERSARY DRAWINGS</b> \$10,000 to be given away! (Must be present to win.) \$500 Cash Drawings every 1/2 hour from 7 - 11 PM. Tickets will be mailed to qualifying members.		<p>Be playing one of our slots to be eligible.</p> <b>1</b> \$1,500 Hot Seat Drawings Pick a prize from \$50 to \$200, \$500 winner at 11 PM  5x Points, 4-7 PM
<b>2</b> <b>Big Game Board Drawings</b> \$2,000 to be given away from 5-10 PM! We have four (4) squares remaining! Entry tickets are 100 players club points 5x Points, 4-7 PM	<b>3</b> Earn 50 Points, Get \$50 Free Play from 6-9 PM	<b>4</b> Earn 10 Points, Get \$20 Free Play from 8-10 PM  5x Points, 4-7 PM	<b>5</b> <b>BINGO!</b> 8-10 PM Free <b>BINGO!</b> 8-10 PM \$25 Free Play to five winners Just be playing a slot machine to be eligible. 5x Points, 4-7 PM	<b>6</b> Earn 50 Points, Get \$50 Free Play from 6-9 PM	<b>7</b> <p>Be playing one of our slots to be eligible.</p> <b>Hot Seat Drawings</b> 7-11 PM, \$1,000 given away 10 winners will receive \$50 cash, \$50 free play  5x Points, 4-7 PM	<b>8</b> <p>Be playing one of our slots to be eligible.</p> <b>\$1,500 Hot Seat Drawings</b> Pick a prize from \$50 to \$200, \$500 winner at 11 PM  5x Points, 4-7 PM
<b>9</b>  5x Points, 4-7 PM	<b>10</b> Earn 50 Points, Get \$50 Free Play from 6-9 PM	<b>11</b> Earn 10 Points, Get \$20 Free Play from 8-10 PM  5x Points, 4-7 PM	<b>12</b> <b>BINGO!</b> 8-10 PM Free <b>BINGO!</b> 8-10 PM \$25 Free Play to five winners Just be playing a slot machine to be eligible. 5x Points, 4-7 PM	<b>13</b> Earn 50 Points, Get \$50 Free Play from 6-9 PM	<b>14</b> <p>Be playing one of our slots to be eligible.</p> <b>Valentine's Day Drawings</b> \$2,000 to be given away from 7-11 PM  5x Points, 4-7 PM	<b>15</b> <p>Be playing one of our slots to be eligible.</p> <b>\$1,500 Hot Seat Drawings</b> Pick a prize from \$50 to \$200, \$500 winner at 11 PM  5x Points, 4-7 PM
<b>16</b>  5x Points, 4-7 PM	<b>17</b> Earn 50 Points, Get \$50 Free Play from 6-9 PM	<b>18</b> Earn 10 Points, Get \$20 Free Play from 8-10 PM  5x Points, 4-7 PM	<b>19</b> <b>BINGO!</b> 8-10 PM Free <b>BINGO!</b> 8-10 PM \$25 Free Play to five winners Just be playing a slot machine to be eligible. 5x Points, 4-7 PM	<b>20</b> Earn 50 Points, Get \$50 Free Play from 6-9 PM	<b>21</b> <b>28th Anniversary Drawings</b> \$5,000 to be given away from 7-11 PM!	<b>22</b> <b>28th Anniversary Drawings</b> \$5,000 to be given away from 7-11 PM!
<b>23</b>  5x Points, 4-7 PM	<b>24</b> Earn 50 Points, Get \$50 Free Play from 6-9 PM	<b>25</b> Earn 10 Points, Get \$20 Free Play from 8-10 PM  5x Points, 4-7 PM	<b>26</b> <b>BINGO!</b> 8-10 PM Free <b>BINGO!</b> 8-10 PM \$25 Free Play to five winners Just be playing a slot machine to be eligible. 5x Points, 4-7 PM	<b>27</b> Earn 50 Points, Get \$50 Free Play from 6-9 PM	<b>28</b> <p>Be playing one of our slots to be eligible.</p> <b>Hot Seat Drawings</b> 7-11 PM, \$1,000 given away 10 winners will receive \$50 cash, \$50 free play  5x Points, 4-7 PM	<b>29</b> <p>Be playing one of our slots to be eligible.</p> <b>\$1,500 Hot Seat Drawings</b> Pick a prize from \$50 to \$200, \$500 winner at 11 PM  5x Points, 4-7 PM

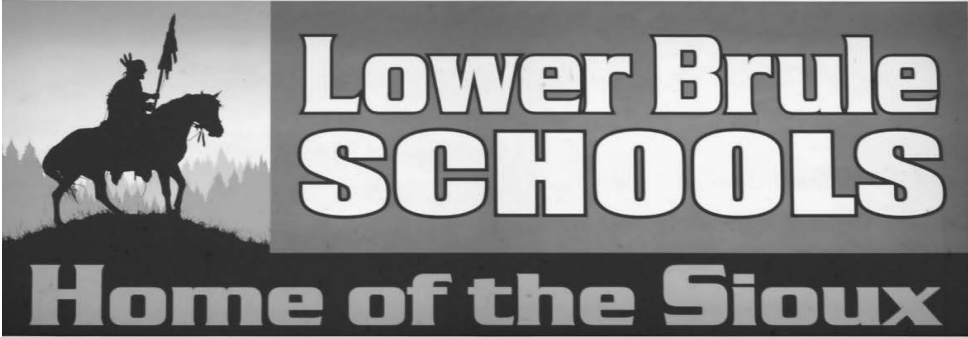
OUR CASINO & RESTAURANT  
OPEN AT 8 AM DAILY

Golden Buffalo Casino  
Lower Brule, SD Phone: 605-473-5577



Check us out at [thegoldenbuffalocasino.com](http://thegoldenbuffalocasino.com)  
Follow us on Facebook

Lower Brule  
Community Newsletter



Lower Brule Sioux Boys Basketball

Date	Time	Opponent	Location
Dec 14	2:00 p.m. CT	Marty	Marty
Dec 18	TBA	Lakota Nation Invitational	Rapid City
Dec 19	TBA	Lakota Nation Invitational	Rapid City
Dec 20	TBA	Lakota Nation Invitational	Rapid City
Dec 21	TBA	Lakota Nation Invitational	Rapid City
Dec 27	TBA	Hoop City Classic	Mitchell
Jan 02	TBA	Philip	Lower Brule
Jan 04	TBA	Sacred Hoops Classic	Mitchell
Jan 11	1:00 p.m. MT	Pine Ridge	Pine Ridge
Jan 14	4:00 p.m. CT	Sunshine Bible Academy	Sunshine Bible Academy
Jan 18	1:00 p.m. CT	Crow Creek	Stephan
Jan 24	4:00 p.m. CT	Flandreau Indian	Flandreau
Jan 25	1:00 p.m. CT	St. Francis Indian	Lower Brule
Jan 30	TBA	Dakota Oyate Challenge	Huron
Jan 31	TBA	Dakota Oyate Challenge	Huron
Feb 01	TBA	Dakota Oyate Challenge	Huron
Feb 06	4:00 p.m. CT	Wessington Springs	Lower Brule
Feb 15	TBA	Sacred Hoops Classic	Lower Brule
Feb 20	4:00 p.m. CT	McLaughlin	McLaughlin
Feb 28	4:30 p.m. CT	Little Wound	Lower Brule

Lower Brule Lady Sioux

Date	Time	Opponent	Location
Dec 14	4:00 p.m. CT	Marty	Marty
Dec 18	TBA	Lakota Nation Invitational	Rapid City
Dec 19	TBA	Lakota Nation Invitational	Rapid City
Dec 20	TBA	Lakota Nation Invitational	Rapid City
Dec 21	TBA	Lakota Nation Invitational	Rapid City
Dec 28	TBA	Huron Holiday Classic	Huron
Jan 02	TBA	Philip	Lower Brule
Jan 04	TBA	Sacred Hoops	Mitchell
Jan 11	1:00 p.m. MT	Pine Ridge	Pine Ridge SD
Jan 14	6:30 p.m. CT	Sunshine Bible Academy	Sunshine Bible Academy
Jan 18	1:00 p.m. CT	Crow Creek	Stephan
Jan 24	6:00 p.m. CT	Flandreau Indian	Flandreau Indian School (DH)
Jan 25	1:00 p.m. CT	St. Francis Indian	Lower Brule
Jan 30	TBA	Dakota Oyate Challenge	Huron
Jan 31	TBA	Dakota Oyate Challenge	Huron
Feb 01	TBA	Dakota Oyate Challenge	Huron
Feb 04	6:30 p.m. CT	White River	White River
Feb 06	4:00 p.m. CT	Wessington Springs	Lower Brule
Feb 11	5:00 p.m. MT	Wall	Wall
Feb 20	4:30 p.m. CT	Little Wound	Lower Brule

NOTICE

LUNCH AA MEETINGS WILL BE HELD AT THE FRIENDSHIP HOUSE  
ON TUESDAYS AND FRIDAYS. QUESTIONS? CALL THE  
FRIENDSHIP HOUSE @ 473-5691



Parenting Classes

WHEN: Monthly to be announced

WHERE: Restoring Hope (House #40 Gall St.)  
Located in Lower Brule!

TIME: 9:00a.m. – 1:00p.m.

12 hours of Parenting education. At the end of our  
classes certificate's will be handed out!

Snacks and refreshments will be served!

\*\*Questions, comments or concerns please call 473-2471,  
245-2471, or contact us: [bigeaglejane1@gmail.com](mailto:bigeaglejane1@gmail.com) or  
[desiree.wiconi@gmail.com](mailto:desiree.wiconi@gmail.com).



If you are ages 16 – 24 consider Job Corps as your  
career plan. Job Corps will provide you with the  
resources necessary to finish your education, learn a  
trade, and get a job! Job Corps will provide you with a  
safe, drug free living environment to start your new  
career path!  
If you would like to know more about Job Corps,  
please contact Roni at 222-3649.

NOTICE

**South Dakota Department of Social Services  
provides services at Lower Brule!!**

**A Benefits Specialist will be available at the  
WIC Office (Tribal Building) the**

**First Thursday**

**of the month from  
9:30 AM - 3:30 PM**

**Assistance will be provided to apply for:**

- SNAP,
- Medicaid/Medicare
- or, if you have an active case, you can  
renew or update your file.

**Walk-ins are welcome, or you can call  
734-4500 to set up an appointment.**

**Questions? Call Ellen @ 473-8029.**

South Dakota Child Protection Contact Information

The Department of Social Services, Division of Child Protection Services toll free number:

1-877-244-0864

This number is staffed by Intake Specialists who are available from 8:00 am to 5:00 pm Monday  
through Friday. Please contact your local law enforcement agency for immediate concerns  
regarding a child’s safety before 8:00 am and after 5:00 pm on weekdays, and during the  
weekends and holidays.



Children in your area need *someone* to open their heart and their home ...



...will you be the one?

Commit to know more about becoming a foster parent. Visit [www.FosterOneSD.org](http://www.FosterOneSD.org) or call (605) 773-3227.



Lower Brule Counseling FALL & WINTER SCHEDULE				
Mon	Tue	Wed	Thu	Fri
Domestic Violence Offender Group Court and Parole Referral 9:00-10:00-T.O.	AA Lunch-Noon- F.H.	N.A. Lunch-Noon-F.H.  Aftercare Staying Quit 2-3:30 TO	MRT 10:30-12:00 T.O. Anger-1:30-2:30 T.O.	DUI Class 9-10:00 A.M.-T.O. A.A. Lunch-Noon- F.H.
Domestic Violence Offender Group Court and Parole Referral 9:00-10:00-T.O.	AA Lunch-Noon- F.H.	N.A. Lunch-Noon-F.H.  Aftercare Staying Quit 2-3:30 TO	MRT 10:30-12:00 T.O. Anger-1:30-2:30 T.O.	DUI Class 9-10:00 A.M.-T.O. A.A. Lunch-Noon- F.H.
Domestic Violence Offender Group Court and Parole Referral 9:00-10:00-T.O.	AA Lunch-Noon- F.H.	N.A. Lunch-Noon-F.H.  Aftercare Staying Quit 2-3:30 TO	MRT 10:30-12:00 T.O. Anger-1:30-2:30 T.O.	DUI Class 9-10:00 A.M.-T.O. A.A. Lunch-Noon- F.H.
Domestic Violence Offender Group Court and Parole Referral 9:00-10:00-T.O.	AA Lunch-Noon- F.H.	N.A. Lunch-Noon-F.H.  Aftercare Staying Quit 2-3:30 TO	MRT 10:30-12:00 T.O. Anger-1:30-2:30 T.O.	DUI Class 9-10:00 A.M.-T.O. A.A. Lunch-Noon- F.H.
Domestic Violence Offender Group Court and Parole Referral 9:00-10:00-T.O.	AA Lunch-Noon- F.H.	N.A. Lunch-Noon-F.H.  Aftercare Staying Quit 2-3:30 TO	MRT 10:30-12:00 T.O. Anger-1:30-2:30 T.O.	FH Friendship House HH Half Way House TO Tribal Office

Furnace Filters

It is the Tenants Responsibility to change their furnace filters every month. If you do not change your filters, it will cause problems for your furnace and your central air system. If your furnace or central air breaks down due to not changing your filters, you will be charged for a replacement.

FOR MY BEAUTIFUL DAUGHTER, Marlo Jean and GRANDDAUGHTERS, Madison, Maci, Chloe and Cambree HAPPY VALENTINE DAY I love you all from the bottom of my Cante'. from your Ina and Unci Marlys..

For all MY AUNTIES I'm wishing you all a awesome Valentine DAY from your niece Marlys, LOVE YOU ALL with all my heart.....


NATIONAL SUICIDE PREVENTION LIFELINE




1-800-273-TALK (8255)

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

LBCC GED TESTING  
LBCC Resource Center



Monday: 1:00pm-4:00pm GED Testing  
Tuesday: 9:00am-4:00pm GED Testing  
Wednesday: 9:00am-1:00pm GED Testing  
Thursday: 9:00am-4:00pm GED Testing



Contact: (605) 473-9232 or (605) 473-5028

Admissions Welcome!

Lower Brule High School Activities

Adults\_\_\_\_\_ \$5.00

Students K-12\_\_\_\_\_ \$3.00

LB Students\_\_\_\_\_ \$1.00

LB Students/Fans wear purple \$1.00 off.  
Elders 55 and over Free.

Housing

Quarterly Drawings

All Tenants who comply with their recertification paperwork or always pays rent on time will be entered in our quarterly drawing! You need to make sure you submit all documentation needed. Any questions, contact Tiauna Obago at 473-5522.  
Thank you to you all that are complying.

Waiting list applicants

All low rental waiting list applicants that have not updated their applications over the past year will need to get this completed. All applicants please make sure that the housing authority has your **current mailing address**. It is not the housing authority’s responsibility to make sure an applicant receives their mail.

LB Housing  
Housing Heaters

All heaters that were previously distributed to tenants will need to be returned to the Maintenance Office. Tenants will be charged for the heaters, if they do not return them and will not be given heaters in the future.

Low Rent Tenants

The LBHA is responsible for all maintenance work for the rental units. *Note: Tenant abuse damages will be charged to the tenant.* However, as specified in the low rent lease, the tenant is responsible for the normal care of the dwelling unit and common property around the unit. The occupancy policy regarding tenants yards and junk vehicles will be **reinforced**. This means that tenants that fail to clean/maintain their yards and properly dispose of trash and junk vehicles will be issued an lease violation. The housing inspector and/or maintenance workers will be noting the conditions of yards during inspections and work orders.

Suicide  
Prevention/Intervention

If you would like to know more about suicide prevention/intervention in Lower Brule, please call Lower Brule Counseling @ 473-5584 or Partnerships for Success @ 730-1373. If you or someone you know is having suicidal thoughts, please call the crisis hotline @ 1-800-273-8255 or text “start” to 741-741. If you or someone you know is in immediate danger of self harm, please call 911 or present to your nearest emergency room.

LB Housing  
W.A.R.R. Program

The W.A.R.R. Program is available for tenants to work off their back rent. Applications are available in the occupancy


How to Help a Family Member with Meth Addiction

At times it is scary, frustrating and overwhelming, and you feel hopeless trying to get your loved ones help. It’s best if you can take a step back, breathe, and act from a place of awareness when it comes to your family member’s substance use disorder. Even without intending to, you may be imposing shame, blame and negativity on them, which can drive them away and keep them stuck in the disempowered place from which addiction takes hold. It’s infinitely better if you can help to instill confidence in your family member while making available the kind of comprehensive meth addiction treatment they need.


Addressing the Dangers of the Drug  
A meth treatment program that will help set them up on the road to long-term involves intensive support for their physical, psychological, emotional, and behavioral symptoms, as well as the constructive development of long-range coping strategies. Particularly for the psychological symptoms of withdrawal, the cravings and possible paranoia, depression, suicidal ideation, anxiety, and aggression.  
Once someone has gotten clean, the risk of relapse is high. A long-term treatment program can help them to build a foundation for sustained recovery. With cognitive behavioral therapy and other psychotherapy modalities, peer support, holistic therapies, and family involvement, clients discover

strength from many corners of their lives.  
Addressing the Dangers of Enabling and the Value of Constructive Relationships  
As terrible as it is, some of your best intentions and actions to help your family member overcome their addiction may have reverse effects. If they are struggling to make ends meet in life with the burden of their addiction in tow, supporting them financially or allowing it in your home, you may actually be making this destructive life possible. A better move in the direction of recovery would be to reach out to a treatment center for guidance.  
There ARE ways to force someone into treatment, but their chances of success in really connecting with recovery and their responsibilities will be significantly greater if the addicted family member can actually buy into the value of this path. That is to say, the value of the path as they see it—not necessarily as you see it.  
Lower Brule Counseling Treatment specialists can help to guide you both in this direction of awareness and intention. Not only will your family member be completely supported in their journey, but you, too, will be supported in helping your family member develop an empowered relationship with their addiction and their life as a whole.  
Please contact Lower Brule Counseling for further information and help for your loved ones and support for you. 605-474-5584.


TAKE 3 ACTIONS TO FIGHT THE FLU



1  
Get Vaccinated



2  
Help Stop the Spread of Flu Viruses



3  
Take Antiviral Drugs If Your Doctor Prescribes Them

#FIGHT FLU      www.cdc.gov/flu      CDC

FEBRUARY 2020				DAILY SCHEDULE FOR ON DUTY C.H.R. STAFF 8AM – 4:30PM		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aw. Mo. = Awareness Month American Heart Mo. Nat'l Children's Dental Hlth. Teen Dating Violence AWMo. African Heritage & Hlth. Wk.	Give Kids a Smile Day 2/2/20 World Cancer Day 2/4/20 Nat'l Dnor Day 2/14/20 Eating Disorders Aw.Mo.		JEWEL	KAMELA	LUCY CHR DRIVER	1 PREVENTION IS THE KEY! To Good Health.
2	3 JEWEL	4 KAMELA	5 LUCY CHR DRIVER	6 JEWEL	7 KAMELA	8
9 Reminder-Admin.Leave: When Clinic is OPEN designated CHRis as per CHR Calendar IS ON DUTY!	10 LUCY CHR DRIVER	11 CPT @10AM Interagency Mtg-Casino @11:30 JEWEL	12 CHR Staff Mtg @8:30AM KAMELA	13 LUCY CHR DRIVER	14 JEWEL	15
16	17 Presidents Day. KAMELA	18 Ash Wed. LUCY CHR DRIVER	19 JEWEL	20 KAMELA	21 LUCY CHR DRIVER	22
23	24 JEWEL	25 KAMELA	26 LUCY CHR DRIVER	27 JEWEL	28 KAMELA	29 REMINDER! TURN IN MONTHLY MILEAGE SHEETS TO MOTOR POOL-Vanessa

# A Very Successful Pow-Wow



## ATTENTION ALL LBHA TENANTS

All tenants that need rental verifications forms filled out for Social Services will need to submit them to housing at least **3 days in advance**. Also, if it is noted that you are not in-compliance with your recertification paperwork for housing, you will have to fill out all paperwork and submit it, along with copy of current income. **Your rental verification form for Social Services will not be completed until housing paperwork is submitted and updated.**

## West Central Electric

West Central Electric has set a box in the LBHA lobby for electric payments.

Lower Brule  
Community Newsletter

February							2020	
Friendship House is open through the night during bad weather.								
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
I.H.S. Public Health Nurse is @ CHR on WIC Days								1
2	3 Hilltop Food Bank from 9:00 AM to 9:00 PM Donations are welcome	4 AA Luncheon @ Friendship House@ noon Yoga @ 6 @ Community Center	5 Council Meeting @ 10:00 AM After Care @ LB Counseling @ 2:00 PM Youth Group @ Hilltop @ 8:00 PM Cooking Class @ Episcopal Church @ 2 PM NA Meetings @ noon @ Friendship House Parenting Classes @ Court House Conference Room @ 10 AM	6 AL-ANON @ 6-7 @ Hope Center SD Social Services SNAP and TANF Representatives @ CHR Office from 9-3:30 Restoring Hope Women's Healing Group from 5-6 PM @ Trailer by the School	7 AA Luncheon @ Friendship House@ noon	8		
9	10 Hilltop Food Bank from 9:00 AM to 9:00 PM Donations are welcome	11 CPT Meeting @ 10 AM in Casino Interagency Meeting @ 11:30 AM in Casino AA Luncheon @ Friendship House@ noon	12 After Care @ LB Counseling @ 2:00 PM Youth Group @ Hilltop @ 8:00 PM Cooking Class @ Episcopal Church @ 2 PM NA Meetings @ noon @ Friendship House Parenting Classes @ Court House Conference Room @ 10 AM	13 AL-ANON @ 6-7 @ Hope Center Infants & Toddlers Screening @ Head Start Restoring Hope Women's Healing Group from 5-6 PM @ Trailer by the School	14 AA Luncheon @ Friendship House@ noon Happy Valentines Day!!	15		
16	17 Hilltop Food Bank from 9:00 AM to 9:00 PM Donations are welcome	18 AA Luncheon @ Friendship House@ noon	19 After Care @ LB Counseling @ 2:00 PM Youth Group @ Hilltop @ 8:00 PM Cooking Class @ Episcopal Church @ 2 PM NA Meetings @ noon @ Friendship House Parenting Classes @ Court House Conference Room @ 10 AM	20 AL-ANON @ 6-7 @ Hope Center Restoring Hope Women's Healing Group from 5-6 PM @ Trailer by the School	21 AA Luncheon @ Friendship House@ noon	22		
23	24 Hilltop Food Bank from 9:00 AM to 9:00 PM Donations are welcome	25 AA Luncheon @ Friendship House@ noon	26 After Care @ LB Counseling @ 2:00 PM Youth Group @ Hilltop @ 8:00 PM Cooking Class @ Episcopal Church @ 2 PM Parenting Classes @ Court House Conference Room @ 10 AM	27 AL-ANON @ 6-7 @ Hope Center Infants & Toddlers Screening @ Head Start Restoring Hope Women's Talking Circle @ Restoring Hope Shelter from 4-6	28 AA Luncheon @ Friendship House@ noon	29		
SDSU Nurses in Community 24-28								

Box Holder  
Lower Brule, SD 57548

Presorted  
Standard  
US Postage  
PAID  
Lower Brule, SD  
Permit No. 102

Lower Brule Counseling Service  
187 Oyate Circle  
Lower Brule, S.D. 57548