

Northwestern Band of the Shoshone Nation

NEWSLETTER MARCH 2024

SAVE THE DATE:

- ◆ Weight Loss challenge weigh-in (Mon. March, 4th – 8th)
- ◆ Basket weaving (Sat. March, 9th 11am – 1pm)
- ◆ Utah Legal Services (Fri. March, 15th) by appt only
- ◆ Beading Class (Wed. March, 20th 4:30-6pm)
- ◆ Council Meeting Pocatello (Fri. March, 22nd @10am)
- ◆ Easter Activity (Sat. March 23rd 11am-1pm)
- ◆ Washakie clean-up (MAY DATE T.B.A.)



I don't need a personal trainer so much as I need someone to follow me around and slap the unhealthy foods out of my hand.



someecards
user card

WEIGHT LOSS CHALLENGE

Hours 8:30am – 4:30pm

Second weigh-in March 4th – 8th

Third weigh-in April 1st – 5th

Final weigh-in May 6th – 10th

Monthly weigh-in incentive: Subway card.

Reach end goal weight: \$200.00 gift card.

Overall winner for male & female: \$300.00 gift card.

PARTICIPANT MUST BE LOCATED IN UTAH OR IDAHO

YOU ARE REQUIRED to show up in-person to weigh-in (WEIGH-IN LOCATIONS ARE OGDEN, BRIGHAM, POCATELLO) and Weigh-in Monthly in-person to qualify for end goal incentives!

Idaho participants please contact Jason @ 208-478-5712 for more info



UTAH LEGAL SERVICES

Will be in our office Friday March, 15th

by Appointment only 10am -12pm

Please Call Patty 435-734-2286 to schedule an appointment.

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Basketmaking

We will be learning the basic method and making example baskets with raffia - supplies will be provided

Saturday, March 9th, 2024 - 11:00am

NWBSN Offices 2575 Commerce Way, Ogden UT 84401

RSVP to Trena by March 6th at 435-734-2286

Beading Class

Learn how to make key chains (beginners)

March 20th 4:30-6:00 PM

Tribal office Ogden @ 2575 commerce way

RSVP by Friday March 15th

435-734-2286

or email; beatrice@nwbshoshone.com

(Subject line BEADING)



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Easter Activity
Sat. March, 23rd
11am - 1pm



B.Y.O.B (bring your own Basket, Bag, or Bucket)
Please RSVP By March 20th
Tribal Office 2575 Commerce Way Ogden
Trena @ 435-734-2286 or email; Beatrice@nwshoshone.com
(Subject line EASTER)

CONTRACT HEALTH INFORMATION UPDATES

Allowance Increases

Optical: \$400 / (\$425 Diabetic) to **\$500 / (\$525 Diabetic)**.

Dental: \$1500 to **\$2000**.

Prescriptions: \$300 to **\$500. (Per Month)**

Courtney's **RESOURCE CORNER**

United Way (FILING TAXES)

<https://www.unitedway.org/>

Located in several US states, the United Way strives to strengthen education, income mobility, and access to health. They offer services such as early learning, 211 (24/7 assistance for local help in your community), and resources to file your taxes for free (for filers making about \$60,000 or less).

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WASHAKIE CLEAN-UP

During the month of May
There will be a dumpster &
Port-a-potty at the cemetery
May 6th – 31st



POCATELLO FREE CLINIC
Our community. Our health.

**FREE
MEDICAL CARE**
FOR PEOPLE WITHOUT INSURANCE,
MEDICARE, OR MEDICAID.

Services Available: Medical, Dental, Mental Health, Chiropractic,
Women's Health, Diabetes, Prescriptions, Laboratory,
Safer Syringe Exchange, Social Services

Call with questions or to make an appointment: **(208) 233-6245**

1001 N 7th Ave, Suite 155; Pocatello, ID 83201
827 Fort Hall Ave.; American Falls, ID 83211

CONTRACT HEALTH

1. Receipts should not be accumulated for the year.
2. Reimbursement Checks are processed weekly.
3. PLEASE submit all receipts weekly, for reimbursements.
4. Send receipts to Gpena@nwbsoshone.com
5. Receipts need to be clear and readable.



HOUSING RESOURCES

DOWN PAYMENT & HOME REHABILITATION ASSISTANCE

Assistance funding is available through Housing Services for first time homebuyers and homeowners with emergency repair needs. For applications and income requirements, please contact Housing Services.