



SAVE THE DATE:

- ♦ Council Meeting Pocatello (Fri. Oct. 17th @ 1pm)
- ♦ Jam making (Sat. Oct. 18th @ 11am) W/Patty & Danny
- ♦ Wuda Ogwa Tree Planting (Fri. & Sat. Nov. 7th & 8th)
- ♦ Christmas Gathering (Sat. Dec. 13th 10am-1pm)
- ♦ Idaho Dinner (Wed. Dec 17th 6-9pm)



Educational opportunity

ADVANCEMENTS IN DIABETES CME/CE WEBINAR SERIES

Clinicians and other health professionals can earn FREE CME/CE credit for diabetes-related online education.

<https://www.ihs.gov/diabetes/training/>

October 1, 2025

Investigating Pharmacists' Role in Diabetes Care

Aimee C. Reinhard, Pharm D, NCPS

October 22, 2025

Examining the Relationship Between Sleep Apnea and CHF

Seth Yandell, MD

*All one-hour webinars are on Wednesdays at 3pm ET/2pm CT/1pm MT/12pm PT/11am AKT

Exciting news! Our Health program has a new employee:

Bio: my name is **Matthew Valdez** and I'm the new Health Community Representative. I am also enrolled member of the Paiute Indian Tribe of Utah from the Shivwits Band. I have worked in healthcare for about 7 yrs both as Paramedic and Health Equity Coordinator. I have earned my Bachelor's degree in Healthcare Management at Utah Tech University, and I'm currently completing my MBA in Healthcare Administration at Utah Valley University. I have a passion working in Indigenous healthcare and my focus is to foster leadership and strategic management to drive impactful healthcare solutions. I like to enjoy the outdoors on my free time usually camping or fishing in mountains. I am happy be a part of the team and I look forward to meeting you all!

Covid-19 Vaccine

Not only **protects** you, it also **protects** the community.

Ask your tribal health provider:

Where you and your family can receive Covid-19 vaccinations.

Visit coronavirus.utah.gov for additional Covid-19 vaccine information and latest updates.

Why should I get vaccinated?

The vaccine prevents new infection of Covid-19, current vaccines have a 90-95% effective rate.

To learn more about our office, scan this QR Code or visit dhhs.utah.gov/ihfs



The health department has some exciting news to share with you.

Council has passed a resolution to allow our hunters to purchase an Idaho general season hunting tag and to be reimbursed. Also, our health department wants to ensure you are properly outfitted so they have hunter orange hats and beanies which are first come first serve. Thank you to our health department for the contributions to hunter safety.

We are also able to reimburse our youth /new hunters who complete a hunter safety course

so, they are eligible to receive hunting tags.

For more information on Idaho general season hunting tag reimbursement and hunter safety reimbursement contact Michelle at: mrichards@nwbshoshone.com or 435.734.2286.

For Utah hunting tags email Patty at: ptimbimboo@nwbshoshone.com

As we move into the upcoming hunting season, we ask all hunters to please use extra caution while out in the field. Hunting is not only an important tradition for our people, but also a responsibility that requires care for both our community and the land. Please remember to:

- Follow all hunting regulations and safety practices.
- Be aware of your surroundings at all times.
- Carry proper tribal identification and permits with you.
- Contact our Hunting Department/Tribal Fish & Game staff with your animal takes, and report any incidents or concerns right away.

Flu Vaccine

Not only **protects** you, it also **protects** your family, friends, and community.



Ask your

To learn more about our office, scan this QR Code or visit dhhs.utah.gov/ihfs



- Tribal health provider
- Indian Health Services (IHS) provider
- Urban Health provider (Urban Indian Organization)

Where you can receive a flu shot or for more information.

Visit immunize.utah.gov for additional immunization information.





HUNTING INFO

**Request for Regular Hunting Tags
NOW AVAILABLE
(Season 2025/2026)**

Request tags by emailing Patty

ptimbimboo@nwbsoshone.com



Join us to make **Chokecherry Jam**

**Saturday
October 18th
11:00am**

**Come learn how to make
chokecherry jam!
Supplies provided**

NWBSN Tribal Office 2575
Commerce Way Ogden, UT

call 435-734-2286 to rsvp



NWBSN Cultural Resources



WUDA OGWA PLANTING DAYS

**NOVEMBER 7TH & 8TH, 2025
10AM-2PM**

**Volunteer with the Northwestern Band of the Shoshone Nation
and partners to plant willows, cottonwoods and other native plants
at the **Wuda Ogwa restoration site!****

(near Preston, ID – 2 hour drive from Salt Lake area)



LEARN MORE & SIGN UP



PLANT ILLUSTRATIONS BY RIOS PACHECO



CHRISTMAS DINNER

Saturday, December 13th 2025

10:00 a.m. to 1:00 p.m.

The Monarch Venues
455 25th St Suite 301,
Ogden, UT 84401

IDAHO DINNER

Wednesday, December 17th 2025

6:00 to 9:00 p.m.

Red Lion Hotel
1555 Pocatello Creek Road
Pocatello, ID 83201



Securing today
and tomorrow

Effective September 30, in accordance with [Executive Order 14247, Modernizing Payments To and From America's Bank Account](#), federal benefit payments will primarily be issued electronically, with paper checks being phased out in most cases. To prevent any disruption in payments, we are reaching out to beneficiaries who currently receive paper checks and encouraging them to switch to electronic payment options before the deadline (see [Paper Check Insert](#)). Additionally, we are no longer offering a temporary check option when processing initial claims. Beneficiaries who request an exemption from the electronic payment requirement must file a waiver with the U.S. Treasury by calling 1-800-967-5042. SSA technicians are available to assist beneficiaries with this transition and to answer any questions.

Electronic payments offer significant advantages over paper checks, including faster access to funds, increased security, and greater convenience. Payments are deposited directly into a bank account or onto a prepaid debit card, eliminating the need to wait for mail delivery or visit a bank.

There are two easy ways to receive federal benefit payments electronically:

- **Direct Deposit** to a checking or savings account. Old-Age, Survivors, and Disability Insurance (OASDI) beneficiaries can use or sign up for a [my Social Security](#) online account to manage direct deposit information and access benefit details. Supplemental Security Income (SSI) recipients and international beneficiaries can call 1-800-772-1213 for assistance.
- **Direct Express® Card**, a safe and convenient prepaid debit card option for those without a bank account. To enroll, call 1-800-333-1795 or visit www.usdirectexpress.com.

Please share this information with your clients and encourage those preparing for initial claims to set up bank accounts for direct deposit. This will ensure new beneficiaries receive their benefits securely and without interruption.

Thank you for your continued support and commitment to those we serve.

Sincerely,

Nick Perrine

Chief Communications Officer

External.Relations@ssa.gov



SSA.gov





Culturally informed and
evidence based
residential substance use
disorder (SUD) treatment

FACILITIES:

- 2 Beds Per Room
- Private Therapy Offices
- Comfortable & Safe Group Rooms
- Outdoor Rec Areas
- Rec/Game Room
- Computer Lab
- Kitchen
- Med Room
- And More!



Scan for admissions screening
or contact us by phone:
435-714-7376
Natsuhealthcare.com

