



1414 W Broadway
Road
Tempe, AZ 85282

January 3, 2024
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Quarterly

MHA Nation Arizona Satellite Office Newsletter

Happy New Year!

As the new year ushers in, and we tread forward with new resolutions for the upcoming year, let us reflect on our past years accomplishments, challenges, obstacles, and victories with gratitude. Let us embrace positivity, optimism, hope and remember to enjoy the journey in 2024. Sometimes the most precious time we have is with loved ones, creating memories and supporting each other.

This quarters news letter will reflect on the memories and laughter we shared over the past year. As we bid farewell to a wonderful holiday season, we wanted to take a moment to express our heartfelt gratitude for making it truly special. Your participation in the community events, warm wishes, and the spirit of togetherness over the past year has been a great blessing.

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SPECIAL POINTS OF INTEREST

- Fry Bread Recipe
- Tiger Mountain Tree Planting, Service and Learning Day
- Looking for Sponsorships

ON BEHALF OF CHAIRMAN FOX AND THE TRIBAL BUSINESS COUNCIL WE WOULD LIKE TO THANK EVERYONE WHO ATTENDED THE CHRISTMAS PARTY THIS YEAR!

Thank you to the MHA Nation tribal members families and friends that came to share a wonderful Christmas Dinner, see Santa Clause and spend time together as a community. We enjoyed seeing smiles on the children's faces and hearing the laughter. We would like to send a special thank you to our Sponsors who helped to make our Christmas this very special! A huge Thank you to our Sponsors:

Make Cents Inc.

Kingdom Business Fellowship

Brunton Architects





MHA Education Grant Program is now accepting

Spring 2024 COLLEGE & BEYOND APPLICATIONS



Paper applications can be found at:

www.mhanation.com/mha-education-grant-program

Apply online at:

https://webportalapp.com/sp/mhanation_collegeandbeyond

Spring 2024 completed applications are due February 15, 2024

For questions or information, please contact

Kayla Rhone, Grant Manager

krhone@mhanation.com

Shannon Vivier, Grant Specialist

svivier@mhanation.com

 (701) 751-2928  1321 Elbowoods Lane, Bismarck ND 58503



Scan me for apps
and information!



MHA Nation

www.mhanation.com

THANKSGIVING BLE

EAT CHICKEN



THIS YEARS THANKSGIVING DINNER & PRIZE BINGO WAS HELD AT RAVENS GOLF CLUB. MHA TRIBAL MEMBERS ENJOYED A GREAT-TURKEY MEAL ALONG WITH PRIZE BONGO AFTER THE MEAL. WE ARE THANKFUL FOR TRIBAL BUSINESS COUNCIL SEGMENT SPONSORSHIP'S FOR BINGO PRIZES THIS YEAR, WE ARE BLESSED!

WE GOT SOME GREAT FEED BACK FROM ALL OF YOU ON HOW MUCH FUN YOU HAD!

DON'T FORGET TO SAY THANK YOU TO CHAIRMAN FOX FOR SPONSORING THESE WONDERFUL EVENTS & BRINING THE COMMUNITY TOGETHER.





MHA Nation provide Tribal Health Insurance is available to enrolled members who don't qualify for Medicaid or Medicare. If you would like to apply for services scan the link QR Code below.

*The Tribe will also provide dental benefits as follows;
\$10,000.00 - General Dentistry lifetime maximum
\$10,000.00 - Implants Lifetime maximum
\$5,000.00 - Orthodontics Lifetime maximum*

medical

VECTRA ROUND



MHA Nation Current Projects and Grand Openings

THREE AFFILIATED TRIBES KIDNEY DIALYSIS UNIT GRAND OPENING



January 9, 2024 11 AM – 1 P M
1058 College Drive Suite B New Town, ND, 58763



The Diabetes Education Center is fully dedicated to supporting and growing community knowledge on the **healthy management of diabetes**.

Diabetes Education Center

OUR
PROGRESS:
INVESTING
IN OUR
PEOPLE



The Public Health Nursing Center is an innovative facility that goes **beyond basic health care to provide health, wellness, and safety resources** for MHA Nation tribal members.

Public Health Nursing Center

OUR
PROGRESS:
INVESTING
IN OUR
PEOPLE

MHA Nation is invested in providing vital health care, resources and services to keep our community healthy and whole. Opening in fall of 2025 the Public Health Nursing Center will provide many of those resources to keep our community healthy and safe.

The beginning of a new year brings the opportunity to see how we can maximize our potential to take full advantage of the months ahead to improve ourselves and do more for our families. The tradition of New Year's resolutions is a testament to our hope and optimism. While some may resolve to improve their health or take on new hobbies, others may be compelled to shift the direction of their lives and, more specifically, their careers. Whether you are looking to launch your career forward or enter into a new field, the Arizona Department of Economic Security (DES) and ARIZONA@WORK are here to help. Perhaps you'll find that your passion is to join the DES team and help others through one of our open positions!

In Governor Katie Hobbs' 2024 State of the State Address, she shared that "more Arizonans are employed than at any point in our state's history."

"This milestone is a testament to the hard work and commitment of our entrepreneurs and innovators, our community colleges, universities, tradespeople, and of so many who recognize the promise of Arizona."

The Governor also spoke about key initiatives the State launched last year to develop our economy, support emerging industries, and offer opportunities to Arizona's workforce, including:

[Future48 Workforce Accelerators](#) to develop Arizonans for work in advanced manufacturing;

The [BuildItAZ Apprenticeship](#) initiative

[to double the number of apprentices in construction and traditional trades](#); and

The launch of new apprenticeship opportunities in fields such as the [semiconductor industry](#) and [early childhood education](#).

These are all major developments that showcase how the State of Arizona is committed to the development and prosperity of our economy and the workforce that supports it. Be on the lookout for more information about these opportunities and how you can participate!

Boost Your Career through Other Workforce Services

If you're ready now to enter into a new job, ARIZONA@WORK can help get you there. Our workforce specialists can guide you through the process of searching for job openings, providing specialized employment services for veterans and job seekers with disabilities, and much more. They can even help you learn about Arizona's workforce trends, the Arizona labor market, job availability and earning potential—all critical information for you to make an informed decision for the direction of your career.

Once you've taken the first step and identified a job opportunity in which you're interested, DES workforce specialists can help you develop and refine your resume to make a great first impression. They can also help build upon your interviewing skills so you can best demonstrate your knowledge and expertise. ARIZONA@WORK hosts [employment readiness](#) and [resume](#) workshops to serve as resources to help you embark on a new career path with your best foot forward.



Ingredients

- 6 cups all-purpose flour, or more as needed
- 3 tablespoons white sugar
- 1 ½ tablespoons baking powder
- 1 ½ teaspoons salt
- 1 (.25 ounce) package quick-rise yeast
- 2 cups warm water
- oil for frying

Directions

1. Mix flour, sugar, baking powder, and salt together in a large bowl. Make a well in the center of the mixture.
2. Dissolve yeast in the warm water in a small bowl. Pour into the middle of the flour mixture. Mix together lightly and rapidly until dough is moist and soft. Allow dough to rise slightly, 15 to 20 minutes.
3. Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).
4. Pinch off a 2-inch piece of dough with well-floured fingers. Stretch it into a round 5 to 6 inches in diameter, working in more flour if needed.

Tigermountain Foundation Presents:

4TH SATURDAY
EXPERIENTIAL SERVICE
AND LEARNING DAY
JAN 27TH 2007



TREE PLANTING
GARDEN BED BUILDING
PLANTING, PREPPING
HARVESTING
GARDEN BED WOOD RECLAMATION
COOK OFF

GARDEN OF TOMORROW
1823 E BROADWAY RD
PHOENIX AZ 85040

SIGN UP LINK @
WWW.TIGERMOUNTAINFOUNDATION.ORG

AZ SATELLITE OFFICE

LOOKING FOR SPONSORS FOR UPCOMING EVENTS!

Please contact the AZ Satellite Office 480-590-4564, if you would like to sponsor any of our upcoming events. Your sponsorship will be advertised on the marketing material and in the New Letter. Thank you~

Organization Name	Tel: 555 555 5555
Advertisement Heading	
List your hours or the time and date of your event.	
Mail to: Place your address here.	Organization
Tell readers to mail this back for a catalog, brochure, or price list.	
NAME	_____
ADDRESS	_____
_____	_____



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PLEASE
PLACE
STAMP
HERE

Mailing Address Line 1
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Mailing Address Line 4
Mailing Address Line 5



YOUR LOGO
HERE