DECEMBER NEWSLETTER

## NORTH SEGMENT

OFFICE OF COUNCILWOMAN MONICA MAYER, M.D.



### LARGEST NORTH SEGMENT COMMUNITY CHRISTMAS PARTY!



NORTH SEGMENT PAYS MEMBERS' WATER BILL. CHECK PRESENTED TO DAN URAN, NEW TOWN MAYOR.



**NORTH SEGMENT WINTER WONDERLAND** 

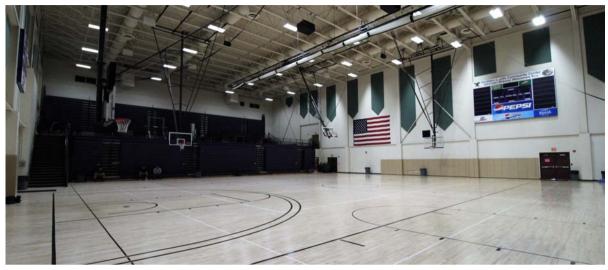


### NORTHERN LIGHTS WELLNESS CENTER

M-F 6AM-11PM

SAT 10AM-11PM

SUN 10AM-8PM









It's Time To Take Your Progress Tracking To The Next Level!

Northern Lights Wellness Center offers InBody Scan services **FREE** for all members.



An Inbody Scan will give you an accurate look at body fat, lean muscle mass, basal metabolic weight, water retention, and muscle mass in your arms, legs, and trunk. Once you know your biometrics, you are able to formulate a plan based on what YOU need to help you achieve the results you are looking for!

### NORTH SEGMENT VETERANS WELLNESS DAY





December 11, 2019 MHA MENS WELLNESS DAY held at Northern Lights Wellness Center. VFW Post 9061, Little Shell Singers, MHA Nation Veterans Affairs Director Lavetta Fox and Speaker Delmer Crows Breast. During the event VA Informational Booths included, Fort Berthold Diabetes Program Blood Sugar checks, ND Military Outreach, EMHC Behavior Health, and Haircuts provided by Savoy Foginthemorning the owner of OAK 87.







## NORTH SEGMENT VOTED AS GOVERNOR'S CHOICE

December 7, 2019 North Segment Property Management office for receiving Governor's Choice during the City of New Town Parade of Lights Holiday Event.















## NORTH SEGMENT CHRISTMAS LIGHT CONTEST



Congratulations to the winners of the 2019 North Segment Community Christmas Lights Contest!

1st Jon Brady \$2,000.00 2nd Rich Mayer \$1,500.00 3rd Bill Hale, Jr. \$1,000.00 4th Rose Nagel White Body \$500.00



**1st Place: Jon Brady** 



2nd Place: Rich Mayer



**3rd Place: Bill Hale Jr.** 



4th Place: Rose Nagel White Body

## 2019 Elders Christmas Winner



December 17, 2019 Three Affiliated Tribes Elders Christmas
Party. North Segment wanted to share a extraordinary
Segment Booth. "DOC'S WILD WEST" welcomed the day to
Elders. North Segment Councilwoman Monica Mayer, M.D.,
Northern Lights and North Segment Home Services Staff
worked together to provide a fun and happy holiday season.
Each North Segment Elder Recieved a Satin Star Quilt courtesy
of Councilwoman Monica Mayer M.D. and North Segment Staff.













## Elders Christmas Winner















## NORTH SEGMENT HOLIDAY ARTS & CRAFTS

In the month of December, North
Segment Arts & Crafts created
Christmas Wreaths and decorated
Gingerbread Houses for the Holiday
with North Segment Elders. Craft
supplies provided by North Segment.











## NORTH SEGMENT HOLIDAY ARTS & CRAFTS



December Crafts: Creating Holiday moments with North Segment Youth. North Segment Arts & Crafts Program painted Ornaments with TAT Headstart Students. As well as decorating gingerbread houses with New Town Boys & Girls Club.









## 2019 Morth Slegment

December 18, 2019, over 1,200 children, adults, and elders gathered for an evening of food catered by Homesteaders restaurant, holiday music by DJ Rocks, and Christmas gifts and gift cards for all ages. There was something for all MHA enrolled members of the North Segment Community. A water credit check for \$442,800 was presented to Dan Uran, Mayor of New Town, for every tribal household to receive credit to their water bill account. That's one less bill for tribal members to personally worry about during the busy holiday season. We were thankful to have the Little Shell Drumgroup sing a special song for all in attendance, and to Ms. Crystal Hosie's Head Start class for performing classic Christmas songs. The night's emphasis was on family, but more specifically elders and children. North Segment wishes everyone a Happy Holiday and a Happy New Year!



## Community Christpas Party

















#### Important Onsite Registration Dates:

Onsite Registration begins at 1PM
Onsite Registration 9AM - 6PM
Onsite Registration 9AM - 4PM
(Last day to register for Spring semester)

January 6th, 2020
January 7th-9th, 2020
January 10th, 2020

New Student Orientation 9AM-1PM January 13th, 2020 Orientation Check-in will begin at 8:30 AM in the NHSC Clan Room

First Full Day of Classes January 14th, 2020 Martin Luther King Jr. Day No Classes January 20th, 2020 Last Day to add courses or drop without record January 23, 2020

#### What you will need to be admitted:

High School Transcripts or Proof of GED
Transcript(s) from previous college(s)
Certificates of Degree of Indian Blood (CDIB) If applicable
Social Security Card
Driver's License
Completed FAFSA

All new students go through **Door A** check-in with Admissions to make sure all documents are turned in.

All Academic Advisors, Financial Aid, Student Accounts, and

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All Academic Advisors, Financial Aid, Student Accounts, and Registrar will be in the NHSC CLan room 73A/B.

IT - Make sure you check with IT for ID and web-mail.
All students must meet with your advisor before registration!

#### For questions about Admissions/Registration please contact:

Director of Admissions: Colton Larrison ~ clarris@nhsc.edu/ 701-627-8049

Registrar: Joetta McLeod ~ jmcleo@nhsc.edu/701-627-8047

#### For questions about Financial Aid please contact:

VP of Student Services Dr. Constance King-Gottschall cfrank@nhsc.edu/701-627-8015

Financial Aid Director: Jacquelyn Zeltinger jzelti@nhsc.edu/701-627-8031

Financial Aid Assistant: Michelle Graham mfisch@nhsc.edu/701-627-8013

\* All students Must complete a FAFSA application online for Financial Aid eligibility for the 2019-2020 Academic year using 2017 taxes. FAFSA applications are available online now at https://studentaid.ed.gov/sa/fafsa

January 10th is the final day to complete the registration process. Students must have started registration prior to or on January 10th.

### NUETA HIDATSA SAHNISH COLLEGE WINTER 2019 GRADUATION













## NORTH SEGMENT ICE SKATING RINK



**HOURS:** 

10:00AM - 10:00PM

**CONTACT:** 

Northern Lights Wellness Center (701) 627-3456





# Happy Birthday!

TO NORTH SEGMENT ELDERS
BORN IN JANUARY

Cheryl Fox

Myrtle Goodleft

Anthony Hale

Foann Mandan

Estelle White

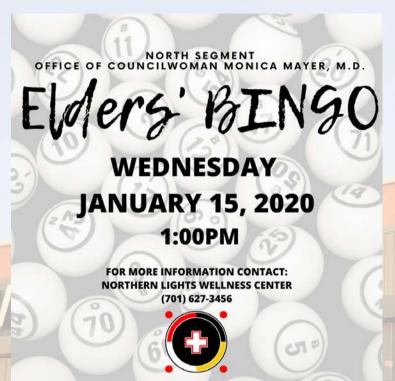
Doreen Yellow Bird

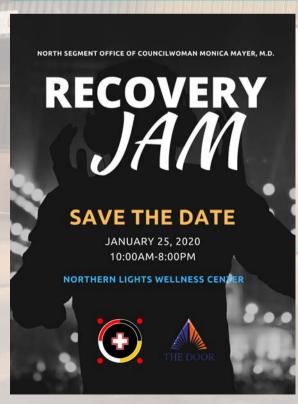
Magdaline Yellow Bird

North Segment Office of Councilwoman Monica Mayer, M.D.

## UPCOMING EVENTS







Fort Berthold Native American Church Chapter

Prize Bingo

**January 20, 2020** 

Northern Lights Wellness Center 1:00 Early Bird Session 1:30 Regular Sessions





#### **Three Affiliated Tribes** Mandan, Hidatsa, and Arikara Nation

#### Office of Tribal Enrollment

P.O. Box 100 Phone: (701) 627-4238 New Town, ND 58763 Fax: (701) 627-4252

#### **Three Affiliated Tribes Enrollment Report**

#### Friday, December 6, 2019

Gender	(ALL)
ala	0.0

Female	8,610		
Male	8,006		
TOTAL	16,616		

Age Categ	orine	ALLA
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0-17	5,492
18-59	9,622
60+	1,502
TOTAL	16,616

#### 2010 Enrollments

2019 Enr	oliments
01/10/2019	10
02/14/2019	35
04/12/2019	72
05/09/2019	32
06/13/2019	27
07/10/2019	30
08/07/2019	53
09/12/2019	46
10/10/2019	39
11/26/2019	41
12/02/2019	68
TOTAL	453

#### **2019 Reported Deaths**

Male	65
Female	42
TOTAL	107

#### 2019 Average Life Span

Male	50.52
Female	55.05
Avg All	52.29

#### Segment Population by Age

Segment	0 - 17	18 - 59	60+	TOTALS
New Town	718	1,186	220	2,124
Mandaree	329	470	93	892
Four Bears	339	416	71	826
Parshall	239	443	74	756
White Shield	217	396	112	725
Twin Buttes	135	210	51	396
ON FBIR	1,977	3,121	621	5,719
OFF FBIR	3,513	6,503	881	10,897
TOTAL ALL	5,490	9,624	1,502	16,616

#### Note

These numbers are current as of the date listed above.







Hours of Operation: Monday-Friday: 9:00 am to 8:00 pm, Saturday: 10:00 am - 6:00 pm Contacts: The Door: 701-627-4358

Teliea: 701-421-1615 Ethel: 701-421-0497 Mark: 701-421-0380 Morgan: 701-421-3025 Shylene: 701-421-7698 Rachelle: TBA Sam: TBA

### January 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		HOLIDAY/CLOSED 1	AA: Noon 2 Wellbriety Book Study: 3pm	NA: Noon 3 Women's Talking Circle: 5pm	NA: Noon 4 Open/Big Book Study: 3pm
AA: Noon 6 Wellbriety Book Study: 3pm Talking Circle: 4pm	NA: Noon 7 Reflections & Meditations: 3pm Veteran's Night: 6pm	Talking Circle: Noon 8 Walk/Run Circle: 10-11am Youth Night: 3-7pm	AA: Noon 9 Wellbriety Book Study: 3pm Speaker Meeting: 6pm	NA: Noon 10 Women's Talking Circle: 5pm	NA: Noon 11 Open/Big Book Study: 3pm
AA: Noon 13 Wellbriety Book Study: 3pm Talking Circle: 4pm	NA: Noon 14 Reflections & Meditations: 3pm	Talking Circle: Noon15 Walk/Run Circle: 10-11am Youth Night: 3-7pm	AA: Noon 16 Wellbriety Book Study: 3pm	NA: Noon 17 Women's Talking Circle: 5pm	NA: Noon 18 Open/Big Book Study: 3pm
HOLIDAY/CLOSED	NA: Noon 21 Reflections & Meditations: 3pm Veteran's Night: 6pm	Talking Circle: Noon22 Walk/Run Circle: 10-11am Youth Night: 3-7pm	AA: Noon 23 Wellbriety Book Study: 3pm Culture Speaker: 6pm	NA: Noon 24 Women's Talking Circle: 5pm Healing Horse: 1-3pm	Recovery Jam 25 10 AM – 8 PM Northern Lights Wellness Center
AA: Noon 27 Wellbriety Book Study: 3pm Talking Circle: 4pm	NA: Noon 28 Reflections & Meditations: 3pm	Talking Circle: Noon29 Walk/Run Circle: 10-11am Youth Night: 3-7pm	AA: Noon 30 Wellbriety Book Study: 3pm	NA: Noon 31 Women's Talking Circle: 5pm SOBRIETY DINNER:	

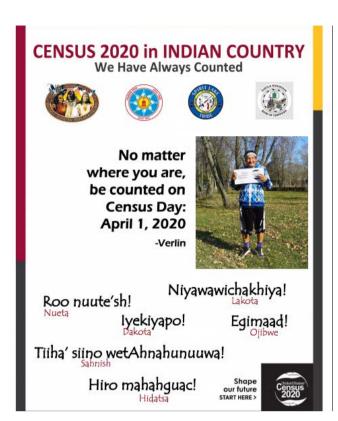


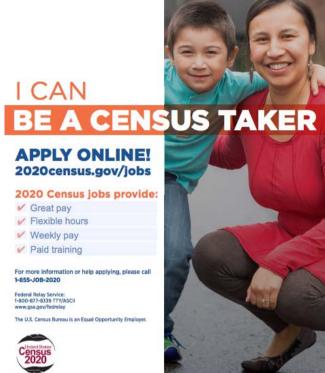
Speaker Meeting Host: The 9th: Jack H. Culture Speaker Host: The 23rd: TJP. C.

#### The Door

The Door is open to everyone. All are welcome! We want to create an encouraging safe environment for all. We do not favor one recovery road over another. Our overall goal is to promote healthy, structured and responsible living through peer support, community support, and our culture. We have many events scheduled, but at any time you may come in and receive peer support, journal, search the web, play pool or air hockey, or simply relax. We hope to see you!







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 ***CLOSED***    Street   Total	2 Baked chicken Rice, Green Beans and Cookies	3 BREAKFAST TIME:8-9 AM Boiled Egg, Sausage, Hash browns,	4
5	6 Mickeys Choice Corn Soup Homemade buns Dessert	7 Pork Chops w/mushrooms and gravy, Boiled Potatoes, Peas & Carrot mix, Pudding	8 Debbie's Choice Indian Tacos with all the fixings and fruit salad	9 Spaghetti w/Garlic Bread, Corn on Cob and Cake	Oatmeal & Toast  10 BREAKFAST  TIME: 8-9AM  Breakfast Burritos,  Orange slices.	11
12	13 Chicken Alfredo with Steamed Broccoli and Fruit Cocktail	14 Roast Beef Hash Potatoes w/gravy, Carrots and apple sauce	15 Tator Tot Hot Dish Cottage Cheese Butterscotch pudding	16 Sub Sandwiches Baked Beans, Chips and a cookie	17 BREAKFAST TIME:8-9AM Biscuits & Gravy, Boiled Egg, Oat Meal and Toast	18
19	20 ***CLOSED***	21 Potato Soup Turkey Sandwiches with a Banana	22 Chili Corn Bread Cottage Cheese and Pears	23 Hot Hamburger Carrots Fruit Cocktail	24 BREAKFAST TIME:8-9AM Pancakes, Bacon, Hash browns, Oatmeal & Toast	25
26	27 French Dip w/aju Mixed Veggies Cake	28 BBQ Ribs Baked Potatoes Green Beans Fruit Salad	29 Beef Stew Fry Bread Peaches	30 Hamburger gravy over mashed potatoes, Carrots and Pudding	31 BREAKFAST TIME: 8-9AM Egg Bake, Potatoes Obrien, oatmeal & Toast	
Chy	We hope that you en	Fruit Salad joy your meals that we	provide for you. If you ha		Toast	- Marine



#### PRSRT STD US POSTAGE PAID NEW TOWN, ND 58763

Office of Monica Mayer, M.D. North Segment Councilwoman 404 Frontage Rd New Town, ND 58763

## Local Postal Customer

(701) 627-3456

#### NORTH SEGMENT OFFICE

#### Tribal Councilwoman Monica Mayer, M.D.

#### Main Office, Tribal Admin Building (701) 627-8234

Monica Mayer, M.D Councilwoman 701-421-0140 Lori Agyemang Exec. Admin Asst. 701-421-8485 701-421-2383 lennifer Wells HR Specialist Lexi Taft Office Manager 701-421-7394 Vonnie Jo Alberts PR Director/Legislative Aid 701-421-2642 Coulter Dixon PR Assistant 701-421-3648

#### Northern Lights Wellness Center (701) 627-3456

Nathaniel Mayer 701-421-8219 Chief of Staff 701-578-4448 701-421-6877 N. Scott Baker Executive Assistant to COS Jena Johnson Assistant to COS/Asst. Projects Manager 701-421-7433 701-421-0634 Devin Fox Administrative Assistant Enos Baker Maintenance Director 701-421-7651 701-421-1330 Devon Davis Security/Surveillance Supervisor Grants Manager Chevenne Brady 701-421-5513 Sydette Askie PR Specialist 701-421-2983 Victoria Mandan Special Projects 701-421-6474 Thomas Nash Special Projects

#### North Segment Property Management (701) 627-3270

 Becky Lyson
 Office Manager
 701-898-1447

 Terri Logg
 Accounts Recievable
 701-421-0754

 Jackie Benson
 Admin. File Clerk
 701-421-2106

 Kathleen Hall
 Admin Assistant
 701-421-8268

 Danielle Rivera
 Business Clerk
 701-421-0063

#### **North Segment Home Services**

701-421-9390 Melissa Spotted Bear NSHS Administrator Trista Marsette Admin. Assistant 701-580-2332 Rose Davis Clinical RN Supervisor 701-421-0888 Brianna Foote LPN 701-421-2004 Chris Ann Demary Elder Rehab 701-421-2824 Marilyn Albeno Benefits Coordinator 701-627-3456

