

NORTH SEGMENT

OFFICE OF COUNCILWOMAN MONICA MAYER, M.D.



2019 Recovery
Reinvented
Conference
in Bismarck, ND

**"I'M VERY GRATEFUL TO
BE WHERE I'M AT TODAY."**

**-TELIA BAKER, DIRECTOR OF THE DOOR
RESOURCE & RECOVERY LODGE.**



Keynote Speaker, Dawn White
WELLNESS DAY FOR WOMEN VETERANS

*Happy
Holidays!*



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

NATIVE AMERICAN HERITAGE MONTH "CULTURE IS COOL"

November 1, 2019

North Segment Councilwoman Monica Mayer, M.D. kicked off Native American Heritage Month at New Town High School Event. "Culture is Cool" event held a day full of activities for the students.



NORTH SEGMENT ARTS & CRAFTS

November 7, 2019

North Segment Arts & Crafts Program held many activities last month for the youth. Youth who attended had fun creating their very own Halloween slime. Youth also got the chance to design and personalize their own Trick or Treat bags for Halloween. North Segment offers arts & crafts classes for youth every Wednesday at 3 PM at Northern Lights in Room 161.



NORTH SEGMENT: THE DOOR RESOURCE & RECOVERY LODGE HONORED

November 12, 2019

Councilwoman Monica Mayer, M.D., North Segment and The Door Staff attended Recovery Reinvented 2019 at the Bismarck Event Center in Bismarck, ND. Recovery Reinvented is an ongoing series of innovative practices and initiatives to eliminate the shame and stigma of addiction in North Dakota.



Pictured: Samantha Lindgren, Morgan Tveter, Teliea Baker, Ethel Baker, Shylene Lyson, Rachelle Baker. Councilwoman Monica Mayer, M.D. Mark Skibstrud, Jena Johnson, Cheyenne Brady, Gabrielle Wilkinson



Above: Peer Support Specialist Samantha Lingdren - Recovery Reinvented 2019
Right: First Lady of ND Kathryn Burgum, Teliea Baker, Councilwoman Monica Mayer, M.D. and North Dakota Governor Doug Burgum.



2019 RECOVERY REINVENTED ZEZULA AWARD RECIPIENT: TELIEA BAKER

ZEZULA Award: "The One Who Helps" This Award Recognizes an Individual who uses their skills, knowledge & their lived experiences to help others by sharing compassion, empathy and empower others to be the best versions of themselves.



"I wouldn't change my life because of what I went through. I wouldn't change nothing to this day. 6 years of Heroin Hell - I just hit my 6 years in August of my Sobriety. My life has been supported by my family - All of my Moms. And just like another Mom, Dr. Mayer. She's been there, She gave me a second chance. I have this second chance, and I will run with it. I will go strong with it and I will fight for everybody that's in recovery. All the credit in everything I do, as I stand here, that has my backbone, is Creator - Father God. No matter what, everything I've been through puts me here today. Every one of you is right here with me. As long as you're right there with me, We will be right there running head forward, positive forward, empowering and stronger than you ever will believe. Thank you."

-Teliea Baker, The Door Resource & Recovery Lodge Director, Recovery Reinvented 2019.



Councilwoman Monica Mayer, M.D., Gov. Doug Burgum, Teliea Baker, First Lady Kathryn Burgum

NORTH SEGMENT AT 4TH ANNUAL TRIBAL MATERNAL, INFANT, AND CHILD HEALTH SYMPOSIUM

November 21, 2019.

Dr. Mayer served on the panel for Maternal and Child Health Issues: A National and Statewide Perspective and Impact in Tribal Communities. Councilwoman Mayer addressed the significance of prenatal care in Indian Country, specifically the Great Plains Region. The 4th annual Tribal MICHS was held at Prairie Knights Casino in Fort Yates, ND.



“Our Expectant Native Mothers deserve prenatal clinic every day, not once or twice a week clinics,”

“I also challenge our Native youth and students! We need more Nurse Practitioners and more Midwives across Indian Country.”

-Councilwoman Monica Mayer, M.D.



NORTH SEGMENT MHA WOMEN VETERANS & ELDERS "A WELLNESS DAY FOR YOU"

November 20, 2019.

North Segment Veterans Services Director, Lavetta "Sissy" Fox, held "A Wellness Day for You" at Northern Lights Wellness Center. Veterans and elders had the opportunity to receive facials, hair styling, manicures, and massages throughout the day. The keynote speaker Dawn White shared her service story and stressed the importance of upholding elder teachings.



Lavetta "Sissy" Fox, North Segment Veterans Services Director with Dawn White, MHA Drug Task Force Agent



NORTH SEGMENT MHA WOMEN VETERANS & ELDERS "A WELLNESS DAY FOR YOU"



There were plenty of informational booths set up for attendees.

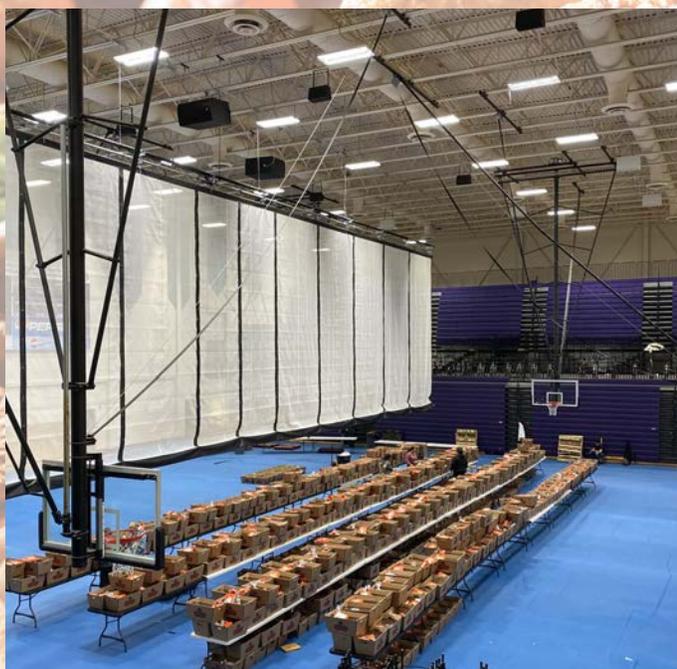
Including some healthy Thanksgiving meal options prepared by Fort Berthold Diabetes Program.



NORTH SEGMENT: THANKSGIVING MEAL DISTRIBUTION - OVER 600+ MEALS!!

November 27, 2019

Enrolled/North Segment Residents waited to receive a Thanksgiving Meal Basket: which contained either a Ham or Turkey with all the fixings to make a thanksgiving meal.



NORTH SEGMENT ARTS & CRAFTS

November 27, 2019

North Segment Arts & Crafts Program held an Elders Thanksgiving Craft Day. North Segment Elders created Thanksgiving Centerpieces to share with their families.



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

UPCOMING EVENTS



BEGINNER YOGA

With Instructor Fahtima Hood

De-stress before the Holidays -
Learn mindfulness techniques and
meditation!

SIGN UP TODAY!

12:00 - 1:00 pm
TUESDAYS & THURSDAYS
(December 3 - December 19)

Northern Lights Wellness Center
- Aerobics Room -
OPEN TO ALL

CONTACT
NORTHERN LIGHTS (701) 627-3456
OR TRISTA MARSETTE (701) 580-2332
FOR MORE INFORMATION/OR TO SIGN-UP

Wellness Center





Happy Birthday!

TO NORTH SEGMENT ELDERS:

Margie Vondal

Karen Simmons

Nancy Fox

Judy Yessilth



Come join us as we learn to recover with our Native American ways and Teachings.
Facilitator: Morgan Tveter

MONDAYS: 3pm-4pm Wellbriety Book Study
4pm-5pm Wellbriety Talking Circle
WEDNESDAYS: 12pm-1pm Wellbriety Talking Circle
THURSDAYS: 3pm-4pm Wellbriety Book Study



THE DOOR RESOURCE AND RECOVERY LODGE
329 MAIN STREET
(UNDER THE POST OFFICE)
NEW TOWN, ND 58763
701-627-4358
THEDOOR@MHANATION.COM




Noon NA Meetings

MONDAY-SATURDAY 12PM
SANDWICHES, CHIPS AND FELLOWSHIP PROVIDED

THE DOOR RESOURCE AND RECOVERY LODGE
329 MAIN STREET
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Hours of Operation Monday – Friday 9:00 AM to 8:00 PM Saturday: 10am-6pm
Contacts: The Door: 701-627-4358 Teliea B: 701-421-1615 Ethel B: 701-421-0497 Mark S: 701-421-0380 Morgan T: 701-421-3025 Shylene 701-421-7698

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AA: Noon Wellbriety Book Study: 3pm Talking Circle: 4pm	NA: Noon Reflections & Meditations: 3pm Veterans Night: 6pm	Talking Circle: Noon Youth Night: 3-7pm	AA: Noon Wellbriety Book Study: 3pm	NA: Noon Women's Talking Circle: 5pm	NA: Noon Open/Big Book Study: 3pm
AA: Noon Wellbriety Book Study: 3pm Talking Circle: 4pm	NA: Noon Reflections & Meditations: 3pm Veterans Night: 6pm	Talking Circle: Noon Youth Night: 3-7pm	AA: Noon Wellbriety Book Study: 3pm Speaker Meeting: 6PM	NA: Noon Women's Talking Circle: 5pm Singles Pool Tourney: 6PM	NA: Noon Open/Big Book Study: 3pm
AA: Noon Wellbriety Book Study: 3pm Talking Circle: 4pm	NA: Noon Reflections & Meditations: 3pm	Talking Circle: Noon Community Christmas Party 5-8pm	AA: Noon Wellbriety Book Study: 3pm Speaker Meeting: 6PM	CLOSED@ Noon Tribal Employee Christmas	NA: Noon Open/Big Book Study: 3pm
AA: Noon Wellbriety Book Study: 3pm Talking Circle: 4pm	CLOSED- HOLIDAY	CLOSED-HOLIDAY	AA: Noon Wellbriety Book Study: 3pm	NA: Noon Women's Talking Circle: 5pm SOBRIETY DINNER@6PM	NA: Noon Open/Big Book Study: 3 pm
AA: Noon Wellbriety Book Study: 3pm Talking Circle: 4pm	NA: Noon Reflections & Meditations: 3pm				

DETAILS

Speaker Meeting Hosts:
The 12th: Kimberly M.
The 19th: Tiffany D.
Singles Pool Tournament:
Bracket Closes at 6:30 PM
Prizes and Refreshments

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.



THE DOOR

Resource & Recovery Lodge



**PRSR T 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

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
Jennifer Wells	HR Specialist	701-421-2383
Lexi Taft	Office Manager	701-421-7394

Northern Lights Wellness Center (701) 627-3456

Nathaniel Mayer	Chief of Staff	701-421-8219
Jena Johnson	Administration	701-421-6877
Enos Baker	Maintenance Director	701-421-0634
Devon Davis	Security Supervisor	701-421-7651
Cheyenne Brady	Grants Manager	701-421-1330
Victoria Mandan	Special Projects	701-421-2983
Thomas Nash	Special Projects	701-421-6474

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) 627-3456

Melissa Spotted Bear	NSHS Administrator	701-421-9390
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

