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Eastern Band of Cherokee Indians • Public Health & Human Services



PUBLIC HEALTH & HUMAN SERVICES
Eastern Band of Cherokee Indians



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THIS MONTH AT PHHS

ᎠᎩᎩᎠ GALONI (AUGUST) 2025

8/4: Back to School Celebration

8/12-8/13: Person Centered Thinking Training

8/14: Indigenous Milk Medicine Celebration

8/19: Cherokee Choices Open House & Health Screen

8/21: MANNA Market

8/28: Elder's Day


8/31: International Overdose Awareness Day

*more events highlighted in newsletter



Find all PHHS Program info on our website: phhs.ebci-nsn.gov

Follow us on:  [EBCI Public Health
& Human Services Division](https://www.facebook.com/EBCIPublicHealth)

 [@ebciphhs](https://twitter.com/ebciphhs)

 [@ebciphhs](https://www.instagram.com/ebciphhs)

Contact Chelsea Hemphill to submit program announcements, employee recognitions, celebrations, or other news. All PHHS team members are welcome and encouraged to share content.

PHHS Announcements

- Volunteers & Vendors Needed
 - From Darkness Into Hope 9/18/25
 - Contact Jill Lossiah
- Tribal Health Improvement Plan (THIP) meeting
 - Tuesday, August 19
 - 9:00am-12:00pm
 - Youth Center
- Budget Hearings Begin August 19th
- PHHS Program Monthly Reports Due:
 - August 9/4, September 10/2, October 11/6, November 12/4, December 1/1/26

August 2025 Events

Tohi Edasdi Recovery Center

Weekly Gathering Schedule

August 4–8, 2025

MON	10AM	Open Discussion: <i>Substance Use Support</i>
	3PM	Feelings Group: <i>Dealing With Anger</i>
TUES	11AM	Wellness Walk
	2PM	Rock Painting
WED	10:30 _{AM}	Pottery Class
	3PM	Thought Stopping: Healthy Outlets
THUR	10AM	Freestyle Art Group: Draw, Paint, Color
	3PM	THC Harm Reduction
FRI	10AM	Recovery Bingo
	3PM	Recovery Toolbox Building

Each day begins with an optional smudging at 9AM

Transit rides available upon request

Monday–Friday | 9AM–4PM

52 Keener Cabin Rd, Cherokee, NC 28719

(828) 506-8505 | SunriseInAsheville.org



August 2025 Events

Public Health & Human Services Microsoft Skill Enhancement Workshops



Where

PHHS Administration Building: Large conference room

Time

10:30am–11:30am (All trainings)

Please Register at:

<https://forms.office.com/r/jm2QuHCGRJ>

Employee will need to bring their own laptop to workshop.

Each workshop is limited to 17 seats
First come first serve.

Training Dates and Courses

~~**June 20th**~~

Introduction to the Network CWEB, Resources, & Basic Troubleshoots

~~**July 10th**~~

Microsoft Teams & CoPilot (Beginner)

~~**July 24th**~~

Microsoft Word (beginner)

August 7th

SharePoint & Data Sovereignty

August 21st

Microsoft Outlook

September 4th

Power BI

September 18th

Microsoft Excel (Beginner)

SYRINGE SERVICES PROGRAM



MOBILE UNIT SCHEDULE AUGUST 2025 | 1PM - 3PM

THURS, AUG 7 ~ WOLFTOWN GYM

FRI, AUG 8 ~ BIRDTOWN GYM

TUES, AUG 19 ~ SKATE PARK

THURS, AUG 21 ~ BIG COVE GYM

FRI, AUG 22 ~ TOHI EDASDI 
52 KEENER CABIN RD., CHEROKEE

MON, AUG 25 ~ BIG Y GYM

A syringe service program is a community-based public health program for people who use drugs by injection. Communities with Syringe Service Programs have a reduction in the number of improperly discarded used syringes, decreased transmission of HIV, Hepatitis C, and other blood borne diseases.

828-359-6889
PHHS.EBCI-NSN.GOV



TSALAGI PUBLIC HEALTH



August 2025 Events

create thriving spaces

Person Centered Thinking Training



is an approach that places an individual's needs, preferences, and goals at the heart of support and service delivery. You will learn:

- Skills that empower *anyone* in a helping role
- How to discover and create valuable person-centered plans that lead to improved outcomes
- Tools to complement those plans and foster greater positive control in people's lives



ALL ARE WELCOME!



Training is open to
ALL Community
Members



Professionals
or volunteers
in service roles



Family & Friends
of IDD/Autistic
persons

JOIN OUR NEXT WORKSHOP!

August 12th & August 13th
9:00 am - 4:00 pm
QB HS EHS Dora Reed Center
897 Acquoni Rd., Cherokee, NC 28719
RSVP with Candy or Kara!

Candy Ross 828-359-2203 candross@ebci-nsn.gov

Kara Froberg kfroberg@ccr-email.com

August 2025 Events



Summer Schedule 2025

Slow Flow & Relax: Yoga for All Levels, connects movement with breath. Focus on strength, stretching & relaxation.

Tuesdays 12-12:50pm – ~~July 22nd – 29th~~, August 26th
Wednesday, 12-12:50 August 20th

Gentle Yoga: Gentle yoga movement, breathwork, and guided relaxation with incorporation of therapeutic based movement for neck, shoulders, back & hips.

Thursdays 12-12:50pm ~~July 24th~~, August 14th, 21st
~~Wednesday 12-12:50 July 30th~~

Meditation with Nancy:
Tues or Thurs @12pm ~~July 31st~~; Aug 7th, Aug 12th

Snowbird Gentle Yoga: Gentle yoga for all levels, a slow flow of movement for neck, shoulders, back & hips with guided relaxation.

MONTHLY Wednesday @ 12-12:50
~~June 25th July 23rd~~ Aug 27th Snowbird Gym Jacob
Cornsilk Complex @ 60 Snowbird School Rd.
Robbinsville, NC

No classes are held with Tribal Closings due to weather or holidays. SGI!



ALL Levels Welcome!

Yoga Classes are FREE & Open to public. EBCI enrolled members receive priority in class space – Drop ins welcome if space is available-sign-ups encouraged.

Attend any 10 Cherokee Choices classes & earn a free Cherokee Yoga Shirt or Pendleton Yoga Mat or Incentive!



Contact: 828-359-6785 robibail@ebci-nsn.gov Located at Cherokee Choices 806 Acquoni Rd (GLW complex)

August 2025 Events



Indigenous Milk Medicine Week 2025

**UNAPOLOGETICALLY INDIGENOUS:
LOVE, LANDBACK, AND LIBERATION**



National Breastfeeding Month

Indigenous Milk Medicine Celebration

A Breastfeeding Celebration

Thursday August 14, 2025

11:00am - 2:30pm

Peaches Squirrel Sports & Recreation Complex



Contact Alyssa Roseman or Kim Lambert
at EBCI WIC 828-359-6237

August 2025 Events



Infant Massage Classes

If you have an infant (Newborn up to 12 months), come join us and learn about infant massage

5 Weekly Classes on Mondays or Tuesdays, starting August 4th and 5th from 5-6pm at Cherokee Choices in the Community Room located at 806 Aquoni Road, Cherokee, NC

Must attend all 5 classes. A gift card will be given at completion of 5th class.

Did you know that infant massage can help your baby sleep better, can improve baby's digestion, and can help you learn baby's cues so you can be more responsive

To register, contact Tricia Carver at 359-6250 or triccarv@ebci-nsn.gov

Your paragraph text

CHEROKEE CHOICES

OPEN HOUSE & HEALTH SCREEN

TUESDAY AUGUST 19TH DROP IN 11-6PM
806 ACQUONI RD, CHEROKEE, NC

FREE
RESOURCES

Prizes



**Blood
Pressure
& A1C
Checks**

**FOOD- NUTRITION-FITNESS -BODY
FAT/BMI- SIGN UP FOR PROGRAMS**

<https://phhs.ebci-nsn.gov/choke-choices/>
robibail@ebci-nsn.gov



EBCI TRIBAL OPTION

August 2025 Events

Cherokee Elder's Day
Thursday, August 28th



August 2025 Events

International Overdose Awareness Day
Sunday, August 31st



July 2025 Good News & Gratitude

PHHS team members attended the 2025 Gathering to Promote Suicide Prevention among American Indian and Alaska Native Service Members, Veterans, and their Families held July 8-10, 2025, in Chandler, AZ home of Gila River Indian Community, the Akimel O'otham (Pima) and Pee Posh (Maricopa) tribes. The gathering is a culturally grounded event focused on listening, collaboration, and community-led solutions. It is held on Tribal land, emphasized honoring Tribal sovereignty and traditions while addressing the urgent issue of Veteran suicide. The gathering reinforced that many solutions are needed, each designed in close partnership with communities to reflect their unique cultures and needs. This type of training supports initiatives of our division, community, and flagship events such as From Darkness Into Hope.

Left to right: Anita Lossiah, Human Services Director; Amy Clark, Kanvwotiyi; Gerard Ball, Veterans Services Officer; Jill Lossiah, Senior Office Administrator; Jenny Oskins, QI Specialist; Billie Jo Rich, DVSA Manager



July 2025 Good News & Gratitude



Principal Chief Michell Hicks

July 2 · 🌐

...

Today, I had the privilege of joining Vice Chief Ensley, members of Tribal Council, and our community at the Steve Youngdeer American Legion Post 143 as we honored the life and service of the late Fred B. Lunsford.

I want to thank Congressman Chuck Edwards and his team for taking part in today's ceremony. It was powerful to hear the Congressional Record read in Mr. Lunsford's honor, and to see his son, Dan, receive a U.S. flag that flew over our Capitol. That gesture meant a great deal to the family and to all of us who gathered to remember him.

Mr. Lunsford was an elder of the Eastern Band of Cherokee Indians, a World War II veteran, and a Baptist minister. His life was one of service to his country, his faith, and his people. He set an example that continues to inspire all of us.

Thank you to the Steve Youngdeer American Legion Post 143 for bringing us together today and for always making sure our veterans are remembered with the respect they deserve.



July 2025 Good News & Gratitude

The 2025 Cherokee Rally for Recovery was held on Friday, July 14th and hosted 650+ people. Thank you and kudos to the entire Rally Planning Team!

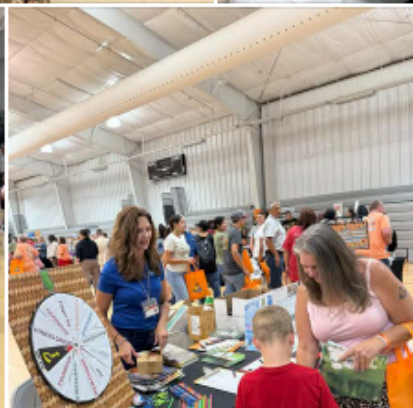


Principal Chief Michell Hicks

July 11 at 8:39 PM · 🌐

The Rally for Recovery is a powerful reminder that healing is possible and that every journey toward wellness deserves to be recognized and uplifted. This event brings together those in recovery, their families, and the many supporters who walk alongside them.

Our Tribe continues to make strides in promoting mental health, addressing addiction, and expanding access to culturally grounded support for our people. I'm proud of the work being done across our community to support recovery and build a stronger, healthier future for us all.



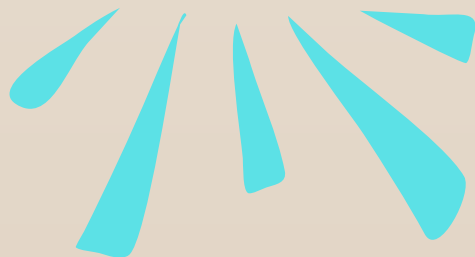
July 2025 Good News & Gratitude
Messages from Division Team Members:



“

*Shout out to **Juvenile Services**, everyone in that program is so intelligent, competent, and their heart is really in their work. I see them go above and beyond on a regular basis. I am so thankful they are part of PHHS.*

”



July 2025 Good News & Gratitude

A lot of people don't know, but my dad's medals were tossed away a long, long time ago. So today, with the help of several veterans, they were able to get the medals that he earned back to him. It's not an easy feat, but we're so grateful that they made this happen for him. All of the sweet words that were spoken about him were so very truthful and touching.

He deserves every good thing in this world.

Many hands went into making today happen, and on such short notice, so here's to sending the biggest thank you to you all:

Our sweet fam at [Lynn's Place Restaurant](#), the best neighbor and friend [Dale Wiggins](#), [Adam Wachacha](#), the [American Legion Auxiliary Steve Youngdeer Post 143](#), Gerard Ball, & Ingles.

Today we proudly recognize and celebrate the incredible service of Harrison Holloway, a Vietnam War veteran whose bravery, sacrifice, and dedication to our nation will never be forgotten.

Harrison was presented with the medals he earned during his service, including the prestigious Bronze Star, a symbol of valor and heroic achievement in combat. These long-overdue honors serve as a powerful reminder of the courage he showed and the legacy he carries with quiet pride.

It was an honor to be present at this ceremony. Harrison is a loved father, father-in-law, and Papaw. Thank you to those who made today happen.



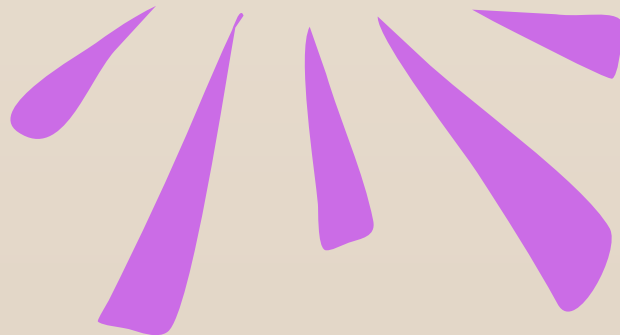
July 2025 Good News & Gratitude
Messages from Division Team Members:



“

*Brooke Smith has been
such an amazing
addition to our division
and I appreciate the
hard work she puts in.*

”



July 2025 Good News & Gratitude

PHHS VSO Gerard Ball pulled together programs and community in a free OTC medicine event on Tuesday, July 29th. They served 180+ pre-registered patrons and an untallied amount of walk-in clients!

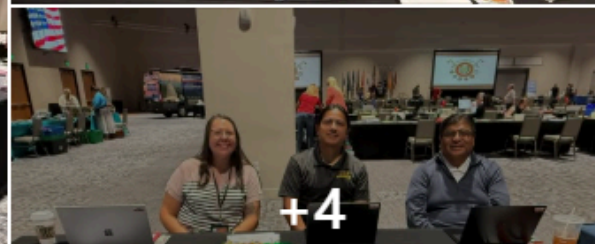


Principal Chief Michell Hicks

July 29 at 3:08 PM · 🌐

Today, the Harrah's Cherokee Convention Center hosted a Mobile Free Pharmacy Program in collaboration with the Office of Veteran Services and PHHS. This important event brought together numerous regional and statewide partners to provide essential over-the-counter medications, alcohol wipes, health kits, and program resources for our veterans and community members in need.

Thank you to all the agencies and organizations that came together in service, offering much-needed relief and support. Our gratitude goes out to everyone who helped make this event a success.



July 2025 Good News & Gratitude



Cherokee Indian Hospital

July 29 at 4:40 PM · 🌐

Cherokee Indian Hospital Authority staff were proud to attend Day 1 of the PACT Act VA Disability Claims Clinic at Harrah's Cherokee Casino Resort. This important event—sponsored by the U.S. Department of Veterans Affairs (Winston-Salem VA Regional Office) and [EBCI Public Health & Human Services Division](#)—was designed to connect veterans and their families with the benefits they've earned. As part of the event, NC MedAssist was on site today with their mobile pharmacy providing free over-the-counter medicine items.

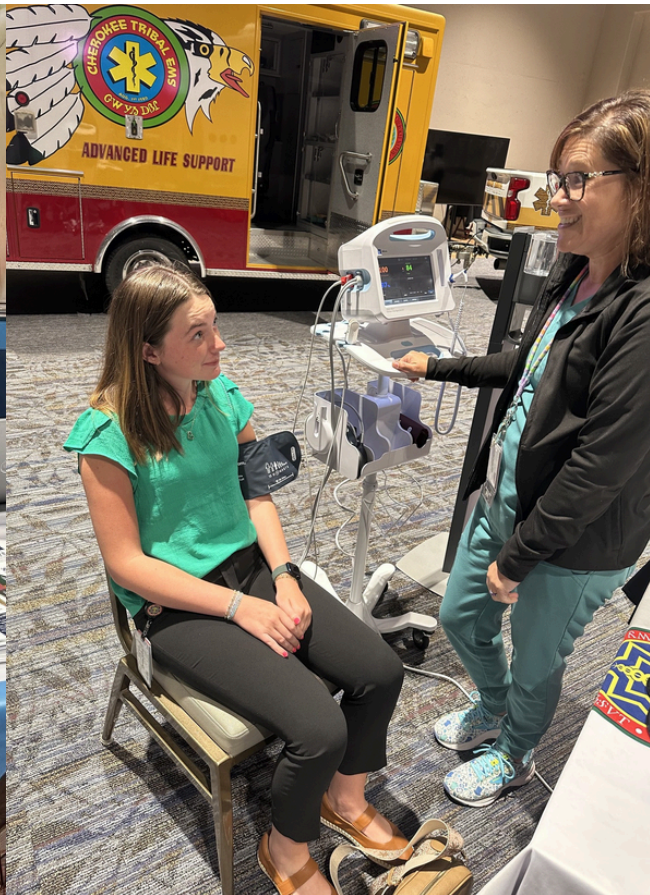
From one-on-one consultations with representatives from the Veterans Benefits Administration and Veterans Health Administration to vital resources for healthcare and support, this clinic is a powerful example of community in action.

CIHA was honored to serve as a sponsor and provide:

- Health screenings
- Mental health resources and support
- Insurance & employment information

Day 2 of the event continues tomorrow, Wednesday, July 30, from 8:30 AM to 4:30 PM—don't miss this opportunity to connect, learn, and receive care.

[#ChooseCIHA](#) [#CherokeeNC](#) [#Veteranhealthcare](#)



“

Gerard Ball, the new Veterans Services Coordinator, has been working so hard to advocate for veterans and their family. I truly appreciate the passion and advocacy he brings to his position.



July 2025 Good News & Gratitude



Sunrise Community for Recovery and Wellness

August 2 at 8:01 AM · 🌐

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🌱Tohi Edasdi IS Open!🌱

Thank you to everyone who joined us this week to celebrate this meaningful milestone. Your support, presence, and kind words meant so much to us.

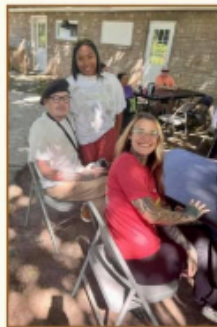
It was a beautiful day grounded in culture, connection, and community.

We're honored to provide this new peer-led resource on the Qualla Boundary and look forward to be a part of community healing 🌻

📅 Open Monday–Friday

🕒 9:00 AM – 4:00 PM

👤 Everyone is welcome — always.





“

*Has anyone noticed
what a good leader
Tricia Carver is?
She is kind, helpful,
intentional and capable.
No wonder NFP is such
a good program!*

”

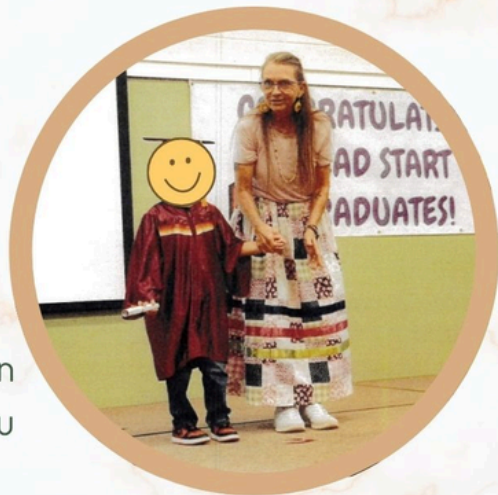
July 2025 Good News & Gratitude

Christy joined our Person Centered Thinking Training earlier this year and learned about some valuable tools to apply in her work at the Dora Reed Center. Read her full testimonial and find details on the next Person Centered Thinking workshop by visiting our website!

Person Centered Thinking **TESTIMONIAL**

CHRISTY KLIEVES

When the trainers began talking about person centered practice and provided scenarios, you could see the “light bulbs” coming on. I could see people’s mindsets begin to change. The training was a great opportunity to introduce or reintroduce that each person should be at the center of any planning for their wellbeing.



Read Christy's full testimonial and learn more about Person Centered Thinking by scanning the QR Code or visiting phhs.ebci-nsn.gov



“

***Family Support Services** serve the community in so many ways. PHHS is so lucky to have that program and have the people who are working there as employees. True servant leaders.*

”



July 2025 Good News & Gratitude

Family Safety Field Day was held on Saturday, July 26th at Unity Hill.

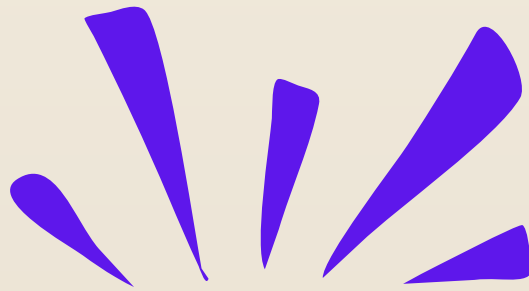


Creating a Family

July 29 at 2:01 PM · 🌐

The team from [CreatingaFamily.org](https://www.creatingafamily.org) was thankful to be hosted by [EBCI Public Health & Human Services Division](#) at their Family Field Day this past weekend! We were so grateful to be able to share our resources to support kinship, foster, and adoptive parents.

[#adoption](#) [#fostercare](#) [#kinshipcare](#)



“Huge shout out to **Family Safety**, they work so hard under often times such difficult circumstances. I know the work they do I could not. Thank you for pouring your whole heart into our most vulnerable population and doing your best to keep them safe, stable and cared for.”

July 2025 Good News & Gratitude

Family Safety Field Day hosted 250+ people over the course of the event. Great work, Family Safety!



Cherokee One Feather

July 26 at 1:29 PM · 🌐

...

These photos are from the Family Field Day Event on the morning of Saturday, July 26 at Unity Field in Cherokee, N.C. The event, hosted by Cherokee Family Safety, features booths from various tribal programs of the Eastern Band of Cherokee Indians, fun games, prizes, a slip-and-slide, and more. It runs until 3 p.m. on Saturday. (SCOTT MCKIE B.P./One Feather photos)



July 2025 Good News & Gratitude

Comments from community member!



Teresa McCoy

Thank you All! We rode by and saw this. Great use of a downtown green area, easy access, the river nearby! The families were happy and sliding down that hill. Great work all of you! I saw success that day. Thank you all. 😊👏👍

1w Like Reply Hide



Kande Parker

We are so thankful for the turnout and love our community!!

...

1w Like Reply Hide



Teresa McCoy

Kande Parker we came by. It looked like exciting and fun, and the sound of children's laughter and those squeals! We rode by feeling happy for the kids there just having summer fun. The fire 🔥 men deserve handshakes and hugs for helping too. This should happen often. Good job everyone! Thank you all. 😊👏👍

1w Like Reply Hide



Kande Parker

Teresa McCoy Thank you!! It truly warmed my heart to watch the families together, playing, laughing, and having so much fun! **EBCI Cherokee Fire and Rescue** are so amazing and willing to help anytime we ask! They manned the grill and made all the hotdogs for the families on top of providing the water for the slip-n-slides. My Family Safety team is also tremendous in organizing everything, planning the games, setting up the event, designing the shirts and flyers, plus promoting and engaging.

1w Like Reply Hide



Teresa McCoy

Kande Parker I was happy to actually see it. Nothing but happy screams and laughter. You all will look up someday and this old lady will be sliding down that hill too! Good job. 👍

1w Like Reply Hide



Coming Up...



Positive Indian Parenting EBCI

Join Shelby Parker (EBCI) for 8 culturally based parenting sessions, each with a foundation in traditional teachings about child rearing. PIP allows parents to choose what is right for them. You decide what you want to reclaim and how to apply it in your home. This program is designed for parents of all ages.

Following is a list of the 8 lessons:

- Traditional Parenting
- Lessons of the Storyteller
- Lessons of the Cradleboard
- Harmony in Child Rearing
- Traditional Behavior Management
- Lessons of Mother Nature
- Praise in Traditional Parenting
- Choices in Parenting



8 weeks: Fall 2025

September: 10, 17, 24

October: 1, 15, 22, 29

November: 5



Classes will be held at 12pm at Cherokee Choices. Lunch/Dinner provided.
806 Acquoni Rd. Cherokee NC.

Sign up with Shelby



828-359-6783



shelpark@ebci-nsn.gov

Coming Up...



MOVE AND MEAL PREP

**Crunched for time? Come get a great
workout and a healthy lunch to-go all on
your lunch break!**



Fridays @ Noon Starting September 12th

**FOR MORE INFO OR TO SIGN UP CONTACT APRIL 359-6201 OR
APRIINNI@EBCI-NSN.GOV**



Coming Up...

Beginner Pilates



Pilates is a type of exercise that helps improve strength, stability and flexibility.

This is a beginner level class but all levels welcome!

***Mondays @ Noon Starting
September 15th***

For info or to sign up contact April @ 359-6201 or
apriinni@ebci-nsn.gov



Coming Up...

Volunteers greatly needed!



From Darkness Into Hope

SAVE THE DATE

**ANNUAL MENTAL HEALTH AWARENESS
AND SUICIDE PREVENTION EVENT**

**SEPTEMBER 18, 2025 FROM 3-7PM AT
THE OCONALUFTEE ISLAND PARK**

VENDORS & VOLUNTEERS NEEDED

Please Contact: (828)-359-6180

THIP MENTAL HEALTH TEAM 2025



Coming Up...



**Healthy Meal Planning Tips to
Prevent Type 2 Diabetes**
8 week Diabetes Prevention
Program

Program targets adults with
prediabetes or at risk for type 2
diabetes. Learn how to prepare healthy
meals and make lifestyle changes to
help prevent type 2 diabetes. Free and
Open to Everyone.

Thursdays @ Noon September 18th-Nov 6th

For info or to sign up contact April at 359-6201 or
apriinni@ebci-nsn.gov



Coming Up...



Ask us about...

***Meal Planning**

***Setting Goals**

***Eating Healthy**

***Recipes**

***Help managing**

diabetes, high

cholesterol, weight loss

and more!



Come talk with us, Its FREE!

To set up a time reach out to...

April 359-6201 apriinni@ebci-nsn.gov



43 John Crowe Hill Dr
PO Box 666
Cherokee NC 28719
Phone: (828) 359-6180
Fax: (828) 359-0200



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mission

HONORING our Cherokee Community by PROVIDING
excellent care, PROMOTING health, and SERVING
families in a culturally respectful way

vision

Seven generations of wellness with families strong in
mind, body and spirit

values

Group Harmony
Interconnectedness
Strong Individual Character
Compassionate Service
Commitment to Stewardship
Respect for Cherokee Heritage
Value Families
Sense of Humor
Generosity
Enthusiasm

Cherokee Choices, Children's Dental, Domestic Violence, Environmental Health and Safety, Family Safety, Family Support Services, Home Health, Juvenile Services, Nurse Family Partnership, Preparedness, Regulatory & Compliance, Supplemental Health Insurance Program, Syringe Services Program, TANF/Tribal Child Support, Tribal Food Distribution Program, Tsalagi Public Health, WIC