

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

Eastern Band of Cherokee Indians • Public Health & Human Services



PUBLIC HEALTH & HUMAN SERVICES
Eastern Band of Cherokee Indians

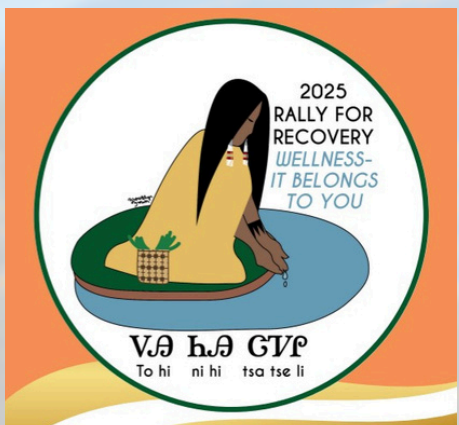


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THIS MONTH AT PHHS

GUYEGWONI ᎠᎩᎠᎠ (JULY) 2025

SLIDE ON OVER AND HAVE SOME FUN



7/11: Rally for Recovery

7/17: MANNA Community Market

7/22: Cherokee Yoga Returns

7/26: Family Field Day

7/29: Med Assist Free Pharmacy Event

7/29-7/30: Veterans PACT Act

*more events highlighted in newsletter

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Announc-
-ements

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Events


Pg. 14
Good News
& Gratitude

Pg. 21
Welcome
to PHHS

stay connected

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

 [EBCI Public Health
& Human Services Division](#)

 [@ebciphhs](#)

 [@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

- PHHS Volunteers Needed
 - Cultural HIPAA Training Video
 - Contact: Manuel Hernandez, Training Specialist
- PHHS Team Members Requested
 - For MANNA Food Bank Board
 - Contact: Rose James
- Tribal Health Improvement Plan (THIP) meeting
 - Tuesday, July 15
 - 9:00am-12:00pm
 - Qualla Boundary Headstart and Early Headstart Multipurpose Room
- Health Board: Wednesday, July 16
- PHHS Program Monthly Reports Due:
 - June 7/3, July 8/7, August 9/4, September 10/2, October 11/6, November 12/4, December 1/1/26

Community Event hosted by THIP Mental Health &
Depression Prevention Team

“Wellness-It Belongs to You”



2025
RALLY FOR
RECOVERY
WELLNESS-
IT BELONGS
TO YOU

VᎠ ᎠᎠ ᑭᎦ
To hi ni hi tsa tse li

**2025 CHEROKEE
RALLY FOR RECOVERY**

**FRIDAY, JULY 11
3:00PM-6:00PM**

PEACHES SQUIRRELL SPORTS & RECREATION COMPLEX

Administrative leave for tribal employees available w/supervisor approval 7/11/25 3pm-430pm

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PO Box 666
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☎ 828-359-6180
FAX 828-359-0200

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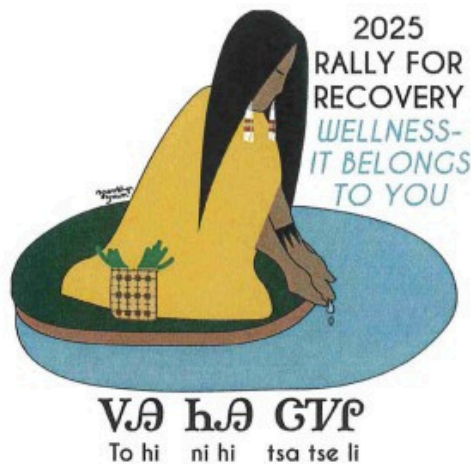


PUBLIC HEALTH & HUMAN SERVICES
Eastern Band of Cherokee Indians



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Below are the details for 2025 Cherokee Rally for Recovery:



Date of Event: Friday, July 11, 2025
Time: 3:00pm – 6:00 pm
Location: Peaches Squirrell Sports & Recreation Complex (Birdtown Gym)
Theme: “Wellness- It Belongs to You”
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To-hi ni-hi tsa-tse-li
Activities: Music, Speakers, Food, Educational Booths, Children’s Activities,
Door Prizes for all ages.

We would like to request administrative leave be granted to tribal employees who would like to attend from 3:00pm-4:30pm. Additionally, we would like to request administrative leave for any tribal employee that may be volunteering to help with setup from 8:30am-4:30pm. We will submit a list of volunteers to you if needed.

Our committee is excited to host this event and hope every tribal member will try to attend and show their support for those in recovery. Thank you for your consideration of this request.

Approved: Michell Hicks
Principal Chief Michell Hicks

Date: 4-10-25

SYRINGE SERVICES PROGRAM



MOBILE UNIT SCHEDULE JULY 2025 1PM – 3PM

TUES, JULY 8 ~ WOLFTOWN GYM

THURS, JULY 17 ~ BIRDTOWN GYM

TUES, JULY 22 ~ SKATE PARK

MON, JULY 28 ~ BIG COVE GYM

THURS, JULY 31 ~ 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.

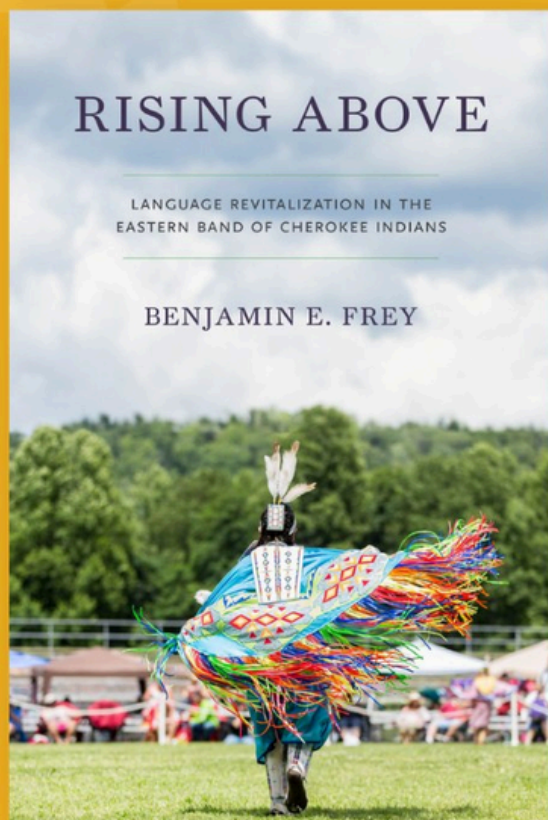
828-359-6889
PHHS.EBCI-NSN.GOV



TSALAGI PUBLIC HEALTH



Community Event hosted by MOTCP



IN-STORE BOOK SIGNING

**Benjamin E. Frey (Eastern
Band of Cherokee Indians)**
Author of *Rising Above: Language
Revitalization in the Eastern Band
of Cherokee Indians*

**Wednesday, July 9
2pm-4pm
Museum Store**



**Museum of the
Cherokee People**

Community Event hosted by Ray Kinsland Leadership Institute's Duyugodv'i Right Path Leadership Program

Dr. Natalie Welch Presents:

Girls in Sports: A tribute to Peaches Squirrel

Sponsored by: The Ray Kinsland Leadership Institute's Duyugodv'i Right Path Leadership Program

Thursday, July 10, 2025

5:30 PM - 7:30 PM

Chief Dugan Cultural Arts Center on the Cherokee Central School Campus

This is an open community event for all ages



MANNA Community Market



Thursday
**JULY
17TH**

Noon-2pm
(or until food is gone)

THIS EVENT IS FREE
AND OPEN TO ALL COMMUNITY
MEMBERS!

MANNA FoodBank
COMMUNITY
Market

FREE

Stop by for free grocery staples, produce, and
other perishables from MANNA FoodBank!

****Please bring your own bags if you can!**

Wolftown Gym

27 Long Branch Rd Cherokee, NC 28719

For more information :
megastam@ebci-nsn.gov
828-359-6934



Cherokee Yoga sessions start back 7/22/2025.



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
Corn silk 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)

Community Event hosted by Family Safety

SLIP N SLIDES
RELAY RACES
FIELD GAMES

JULY 26TH
2025
11AM-3PM



FAMILY SAFETY'S
**FAMILY
FIELD
DAY**

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Raising Relatives

WWW.RAISINGRELATIVES.EBCI-NSN.GOV



COMMUNITY RESOURCE
INFORMATION &
HOT DOG LUNCH
PROVIDED



UNITY FIELD
CHEROKEE
NC

BRING YOUR
TOWELS AND
LAWN CHAIRS



Community Event by EBCI Office of Veteran Services
and EBCI PHHS Veterans Services



**Tuesday, July 29, 2025
9 AM - 2 PM**

**Harrah's Cherokee
Convention Center
(1st Floor)
777 Casino Drive
Cherokee NC 28719**

**MOBILE FREE
PHARMACY
PROGRAM**

**GIVES AWAY
FREE OTC MEDICINE**



Take home free over-the-counter medicine items such as allergy, cough and cold, pain relief, vitamins, children's medicine, and more! **Come see us in person on event day or order online and come pick up your medicines.**

**Order here: www.medassist.org/mobile
or scan the Qr code.**

**ONLINE ORDERING OPENS - 6/29/2025
ONLINE ORDERING CLOSSES - 7/22/2025**

**This program has been brought to
your community in partnership with:**



**"Volunteering is an act of heroism
on a grand scale. And it matters
profoundly." ~Anonymous**

**Interested in
volunteering?**



**Register TODAY!
<https://medassist.org/volunteer/>**

**OPEN TO
EVERYONE**

No appointment or registration required. No income eligibility. No I.D. required. Must be 18 years or older to receive medicines.

NC MedAssist is a statewide, nonprofit pharmacy that provides free prescription and over-the-counter (OTC) medications through various programs. Learn more at www.medassist.org.

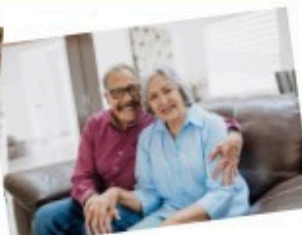


**Martes 29 de julio de 2025
9 AM - 2 PM**

**Harrah's Cherokee
Convention Center
(1st Floor)
777 Casino Drive
Cherokee NC 28719**

**Programa de
farmacia gratuita
móvil**

**Regala
medicamentos de
venta libre gratis**



¡Llévese a casa medicamentos de venta libre gratuitos, como medicamentos para alergias, tos y resfriados, analgésicos, vitaminas, medicamentos para niños y más! **Visítenos en persona el día del evento o haga su pedido en línea y venga a recoger sus medicamentos.**

**Ordene aquí: www.medassist.org/mobile
o escanea el código qr**

Se abren los pedidos en línea- 29/6/2025



**Este programa ha sido llevado a su
comunidad en asociación con:**



**Se cierran los pedidos en
línea- 22/7/2025**

**O Después de alcanzar el
máximo de 500 pedidos
anticipados**

**ABIERTO A
TODOS**

No se requiere cita ni registro. Sin requisito de ingresos. Sin identificación requerido..Debe tener 18 años o más para recibir los medicamentos..

NC MedAssist es una farmacia estatal sin fines de lucro que ofrece medicamentos recetados y de venta libre (OTC) gratuitos a través de varios programas. Obtenga más información en www.medassist.org.

Community Event by EBCI and US Dept. of Veteran Affairs

PACT ACT Benefits and Resource Claims Event



THE EASTERN BAND OF CHEROKEE INDIANS AND THE U.S. DEPARTMENT OF VETERANS AFFAIRS WILL BE HOSTING A PACT ACT : PRESUMPTIVE DISABILITY CLAIMS EVENT: BRINGING VA BENEFITS HOME EVENT IN YOUR HOMETOWN



During the event, you can:

Speak with representatives

Get answers to VA Benefits and Claims questions

File your claim

On site Compensation and Pension (C&P) Exams in select scenarios. While not all cases can be accommodated, we aim to provide this service wherever possible.

Receive VHA Toxic Exposure Screens, Let us help you assess any potential exposures

Widows—are you possibly eligible for benefits? Bring the Veterans DD 214, death certificate, marriage license, etc.

Were you exposed to burn pits, herbicides or other toxins while in the military?

If you have ever served in the military and have questions because you are not sure, if you qualify, please come in and ask

Tuesday, July 29-30, 2025

8:30 am—4:30 pm

Harrahs Casino

777 Casino Dr.

Cherokee, NC

For more information contact:

Mary Culley, 405-626-3426

Mary.Culley@va.gov

Samuel G. Ball, 828-734-2674

Samuel.Ball@commerce.nc.gov



June 2025 Good News & Gratitude



Principal Chief Michell Hicks

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Recently, our [EBCI Public Health & Human Services Division](#) achieved national accreditation, a remarkable accomplishment that places us among a highly select group. To date, only six other federally recognized tribes have earned this distinction, and now, the EBCI proudly becomes the seventh.

To celebrate this momentous achievement, the PHHS division hosted a vibrant 80s and 90s-themed celebration this afternoon at the Pam Taylor Painttown Gym. It was a well-earned moment to look back and appreciate all the work that's gone into reaching this milestone reflecting over a decade of vision, commitment, and perseverance. The journey toward accreditation began in 2012, and for the past 13 years, the dedicated staff of PHHS have worked tirelessly, to meet and exceed the rigorous standards required for national accreditation. This achievement is proof of the hard work this team puts in every day to make sure our community gets the care and support it deserves.

During the event, a special moment of recognition was shared as Sonya Wachacha, Secretary of PHHS, presented a leadership award to Sheena Lambert, Director of Public Health. For over a decade, Sheena has been a driving force behind this work. Her steady leadership, integrity, and dedication have paved the way forward, empowering our community and strengthening the foundation of public health for future generations. This award is a well-deserved tribute to the care and service she has poured into her role and a reminder that great leadership leaves a lasting impact.

To the entire PHHS team, we say, thank you.



June 2025 Good News & Gratitude



Family Safety would like to extend a heartfelt "SGI" to everyone who had a part in making our Snowbird event so fun! This event would not have been possible without YOU!

-Snowbird Community Health

- Qualla Boundary Head Start/Autism Society
- Snowbird Library
- Cherokee Fire & Rescue
- Tahnee's Kids
- Cherokee Tribal EMS
- Bucky Brown, Snowbird/Cherokee Rep.
- Dadiwonisi
- Cherokee Police Dept.
- Cherokee Central Schools Resource Officers
- Double 00 Farm
- Snowbird Recreation
- Hillbilly's Shaved Ice
- Zion Hill Baptist Church

End of School Summer Bash

THANK YOU!

From EBCI PHHS Family Safety Program

Sgi, Taline Ugviyu (Vice Chief) B Ensley, Bucky Brown, and Adam Wachacha for your support.

A huge shout out to Austin Brown, Zena Rattler, and Snowbird facility management who worked twice as hard when we had to use our back up plan. Sgi!

And most of all, to the Snowbird community who brought their families to join us for this event. We hope you had fun, SGI!

June 2025 Good News & Gratitude

Please join us as we take a moment in celebrating Certified Nursing Assistant's Week! Thank you Taressa Day, Tina Donker, Kim Hermes, LeAnne Murray, Kristen Sawyer, and Jessie Watty for your continued care in the PHHS Division.

We are grateful to you and all our community CNAs near and far! [#CNAWeek](#) [#WeAreTheChampions](#)

NATIONAL CERTIFIED NURSING ASSISTANT WEEK

CNAs are the heroes—the champions—of their patients. As the frontline of care, they create environments where individuals feel seen, heard, and truly cared for.



June 2025 Good News & Gratitude



Principal Chief Michell Hicks



Today, we had the honor of welcoming representatives from the VA and SAMHSA to the Tribal Council House. Joined by Vice Chief Ensley and members of Tribal Council, we listened to important updates on the resources SAMHSA offers to veterans across the country.

As we continue to prioritize the health and wellness of our tribal members, we must also ensure that our veterans, those who've served and sacrificed, receive the care and support they need, both physically and mentally. SAMHSA is doing vital work to improve behavioral health services nationwide, and we're grateful for the opportunity to learn more about how we can partner moving forward.

A special thank you to Warren Dupree and Gerard Ball for helping organize this visit.



June 2025 Good News & Gratitude



Principal Chief Michell Hicks

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Christmas in June Recap 🌲

Last week, thanks to the partnership between the EBCI Veterans Services, PHHS, Toys for Tots, Christian Appalachian Project, and Good360, we served 1579 children and 753 families, distributing over \$225,000 worth of toys and goods. What started as an idea to bring joy and relief to families turned into a powerful reminder of what happens when we show up for each other. No questions asked, just support. Thank you to everyone who made it possible. This is Gadugi in action.



June 2025 Good News & Gratitude

Dr. Salyers named EBCI Honorary Member

Dr. Martha Salyers, MD, MPH, was named an Honorary Member of the Eastern Band of Cherokee Indians by Dinilawigi (Tribal Council) during its regular session on Thursday, June 5. The legislation that was passed making the designation states, “Dr. Salyers has brought a lifetime of commitment to public health, with decades of service spanning direct patient care, public health leadership, emergency preparedness, epidemiology, and policy development; and since June 2011, Dr. Salyers has dedicated herself to the Cherokee people, particularly through her work with the Public Health and Human Services Division, where she brought her vast expertise to support and guide transformational efforts in tribal public health.





Juneteenth 2025 Proclamation

WHEREAS, Juneteenth National Independence Day marks the end of slavery in the United States; and

WHEREAS, on June 19, 1865, the last enslaved African Americans in Texas were finally informed of their freedom, more than two years after the Emancipation Proclamation was issued; and

WHEREAS, Juneteenth is now celebrated annually across the country as a day to recognize the enduring strength, faith, and perseverance of African Americans; and

WHEREAS, this day also serves as a powerful reminder of the injustices faced throughout history and the ongoing work to achieve true equality; and

WHEREAS, we recognize that Black communities still face systemic barriers and racial injustice across many areas of life, including education, healthcare, and public safety; and

WHEREAS, the Eastern Band of Cherokee Indians stands in solidarity and remains committed to promoting respect, equity, and justice for all;

NOW, THEREFORE, I, Principal Chief Michell Hicks, encourage all members of the Eastern Band of Cherokee Indians to observe Juneteenth National Independence Day, to reflect on the past, to recognize the ongoing struggles of today, and to stand together in support of freedom, dignity, and equal opportunity for all people.

Michell Hicks, Principal Chief
Eastern Band of Cherokee Indians

June 2025 New Hire Introductions



**DEBORAH
TOINEETA**

**REGULATORY
&
COMPLIANCE
LEAD COMPLIANCE
OFFICER**

828-359-6194
debotoin@ebci-nsn.gov

ABOUT DEBORAH:

I am from the Wolfetown Community.

I have 3 children – 2 boys, 1 girls,
all teenagers!

I have several feline fur babies.

I received my MBA in 2012. My work
background is in Human Resources.

I am excited to be a part of the PHHS
Team and I am happy to be here!

June 2025 New Hire Introductions

WELCOME
TO



EASTERN BAND OF CHEROKEE INDIAN PUBLIC HEALTH & HUMAN SERVICES



**XAVIER
ARMACHAIN**

**CHEROKEE TRIBAL
FOODS DISTRIBUTION**
Stock Clerk

Tirbal Foods Main Office Line:
(828) 359-9751

FROM XAVIER:

I am from Big Cove.

*I chose to work here to help
give back and support my
community.*

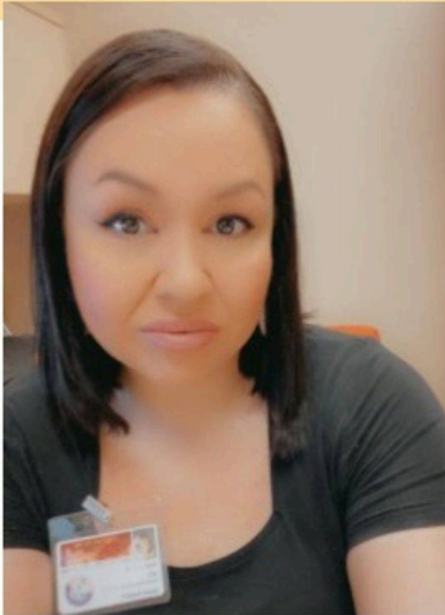
*I am excited to learn new
skills.*

June 2025 New Hire Introductions

WELCOME
TO



EASTERN BAND OF CHEROKEE INDIAN PUBLIC HEALTH & HUMAN SERVICES



**LINDSAY
CROW**

**FAMILY SUPPORT
SERVICES**
Durable Medical
Equipment Coordinator

Family Support Services Main
Office Line: (828) 359-6092

ABOUT LINDSAY:

I live in Bryson City with my husband, two sons, a dog, and a cat.

I have an Associate's in Applied Science degree from AB Tech, and I've worked for the tribe before so I'm glad to be back.

I look forward to working with the tribe again and contributing to the well-being of fellow tribal members.

June 2025 New Hire Introductions

WELCOME
TO



EASTERN BAND OF CHEROKEE INDIAN PUBLIC HEALTH & HUMAN SERVICES



**CHARLOTTE
LOSSIAH**

**HEART TO HEART CHILD
ADVOCACY CENTER
Administrative Assistant**

Heart to Heart Main Office
Line: (828) 359-6312

FROM CHARLOTTE:

Siyo! My name is Charlotte Lossiah.

I currently reside in the Big Cove Community.

I am so excited to take on this role & to help give back to my community.

Coming Up...

The Way We See the World: Spotlighting Indigenous Pop Culture

Museum of the Cherokee People's signature event returns for an evening of Indigenous self-representation in film and art in the Council Fire Ballroom of Harrah's Cherokee Casino Resort in Cherokee, NC.

Since 2022, MotCP's annual The Way We event highlights Native pop culture and showcases timely perspectives for Cherokee people, primarily by Cherokee people. These community-centered events put Native self-representation in the spotlight and uplift creative work that explores identity through artistic expressions in film, music, visual art, and more. Get your free tickets today: thewaywe.eventbrite.com



Coming Up...



ABOUT THIS WORKSHOP

Reconnect for Resilience™ trainings offer community members a set of easy-to-use tools to stay well in the face of adversity. Learn about stress and trauma and how it affects the brain and body. Learn new tools that help provide relief when everyday stressors arise.

The tools that we teach are intended for everyone, no matter where they are on the stress-trauma continuum, and are designed to bring the nervous system back into balance and help people return to their Resilient Zone.

WHEN & WHERE

September 2-3, 2025
8:30 AM to 3:30 PM EST

Cherokee Choices
Community Room
806 Acquoni Road
Cherokee, NC

SIGN UP TODAY

PLEASE CONFIRM YOUR
ATTENDANCE BY
CONTACTING VIA
SHELPARK@EBCI-NSN.GOV
OR (828)-359-6783

ABOUT RFR

At Resources for Resilience™, we believe that every person can deepen their resilience. That is why we share practical tools and research-based resources that people of all ages can use to manage their stress and find health, healing, compassion, and connection – even in difficult times. Our offerings are intended to help participants work together to prevent future adversity and create safer, healthier communities. We're making resilience a reality by giving everyone the tools they need to thrive.



LEARN MORE

Learn more on our website or find us on



CONTACT US

828-367-7092

www.resourcesforresilience.com

information@resourcesforresilience.com

13½ Eagle Street, Suite K, Asheville, NC 28801

Coming Up...

Community Event hosted by
the Museum of the Cherokee People

CHEROKEE HISTORY & STORIES

with Kathi Littlejohn
(Eastern Band of Cherokee Indians)

First Sunday of the month,
January - December 2025, 3pm

TJ Holland Education Room,
Museum of the Cherokee People

Free & open to all

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, Qualla Boundary Head Start & Early Head Start, Regulatory & Compliance, Supplemental Health Insurance Program, Syringe Services Program, TANF/Tribal Child Support, Tribal Food Distribution Program, Tsalagi Public Health, WIC