



EASTERN BAND OF CHEROKEE INDIANS
Public Health & Human Services
O'HG' DH'BI AG'OSE & DH'BO V'HO'OS'FI O'HL'ODET

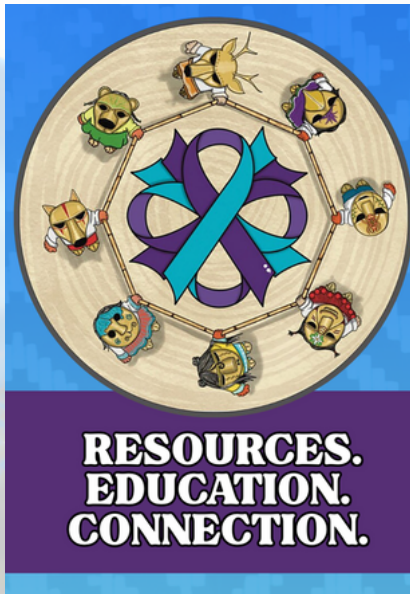


43 John Crowe Hill Dr • PO Box 666 • Cherokee, NC 28719 • Phone: (828) 359-6180 • Fax: (828) 520-7118 • phhs.ebci-nsn.gov

THIS MONTH AT PHHS

SPTODI

DU-LI-I-S-DI SEPTEMBER



9/18/25: From Darkness Into
Hope: Annual Mental Health
Awareness and Suicide
Prevention Event

9/30/25: Tsalagi Public Health
Drive Thru Flu Vaccine Clinic

*more events and programming 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

- PHHS Divisional Appreciation Event:
 - Friday, September 19
 - 11:00 AM - 1:00 PM
 - Contact: Jill Lossiah
- Tribal Health Improvement Plan (THIP) meeting
 - Tuesday, September 16
 - 9:00am-12:00pm
 - Qualla Boundary Head start & Early Head Start
- Health Board: 9/17/25
- 2025-2030 PHHS Strategic Planning:
 - 10/23/25 - 10/24/2025
 - 8:30 AM - 4:30 PM
- PHHS Program Monthly Reports Due:
 - August 9/4, September 10/2, October 11/6,
November 12/4, December 1/1/26



From Darkness Into Hope

ᑭᑭᑭᑭᑭᑭᑭᑭ ᑭᑭᑭᑭᑭᑭᑭᑭ
 ulisigv digolvdsdiyi utugi gvdi

ANNUAL MENTAL HEALTH AWARENESS AND SUICIDE PREVENTION EVENT

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

*Breaking the stigma around Mental Health by
building Connections & Community*

RESOURCES. EDUCATION. CONNECTION.

THIP MENTAL HEALTH TEAM 2025



CIHA Notice

Respiratory illnesses like Flu, COVID, and RSV are on the rise both in our community and all over NC.

To help reduce the spread of these illnesses is important to:



Cover coughs and sneezes



Stay home and away from others when you are sick (including people you live with)



Keeping your hands away from your eyes, nose and mouth helps keep germs away so try to avoid touching your face.



Improve ventilation, if possible

Get your Flu and COVID vaccines



Washing your hands often, especially after being in public places



Wear masks when sick and are in public or to prevent getting sick



Stay home for 24 hours after you are fever-free AND until your symptoms begin to improve



**CHEROKEE INDIAN
HOSPITAL AUTHORITY**

Follow these tips to help keep you, your community, and loved ones from catching and spreading these respiratory illnesses

Updated Vending Machine Info

Public Health & Human Services Vending Machine



LOCATIONS

Cherokee Indian Hospital (1 Hospital Rd., Cherokee)
Cherokee Tribal Food Distribution (2266 Old Mission Rd. Cherokee)
Big Cove Kolanvji Community Center (8765 Big Cove Rd., Cherokee)
Big Y Community Club & Gym (2641 Wrights Creek Rd., Cherokee)
Cherokee County Indian Community Club (300 Airport Road, Marble)
EBCI PHHS Administration Bldg. (43 John Crowe Hill, Cherokee)
Pamela Dawn Taylor Gym & Community Center (10 Old Gap Rd., Cherokee)
Peaches Squirrel Sports & Recreation Center (1212 Birdtown Rd., Cherokee)
Snowbird Jacob Cornsilk Complex (60 Snowbird School Rd., Robbinsville)
Qualla Boundary Head Start & Early Head Start (897 Acquoni Rd., Cherokee)
Yellowhill Elawodihi Activity Center (1416 Acquoni Rd., Cherokee)

Food Lion's machine is awaiting service. Please use a nearby alternate location.

How To Use

1

Enter the 5 numeric
part of your
enrollment number,
including all zeros,
followed by the # sign.

Enter ID and press #
or
scan ID to begin

2

Type in the number of
the product you want
dispensed followed
by the # sign.

Make Selection

106

3

Wait for the
product to
drop.

4

Pick up
product
from bin.

NOTE: SOME ITEMS HAVE DAILY, WEEKLY, AND MONTHLY LIMITATIONS.

August 2025

PROGRAMS REQUESTED



HEALTHY HALLOWEEN

FRIDAY OCTOBER 31, 2025

Set up at 8am
Event is 9am-1pm
The event will be held
at CCS Gym
Plan for 700 Goblins

Please remember to provide healthy/ fun treats. If you have any questions or if you would like to sign up for this event email or call Yo at yolasaun@ebci-nsn.gov or 359-6784.



Survey

Scan the QR code OR click here: [Survey Link](#)

Closes October 10th.

Cherokee Choices Interest Survey for Fall 2025





ADMIN LEAVE FOR PHYSICAL ACTIVITY OR HEALTH BASED EDUCATION

15 minutes per day to use for fitness or health based education

Fill out the survey and get your supervisor's approval. Use the QR code to access the survey or email Shelby for a copy.

Contact Shelby for the memo, the timesheet with the admin leave code, and for a fitness log.

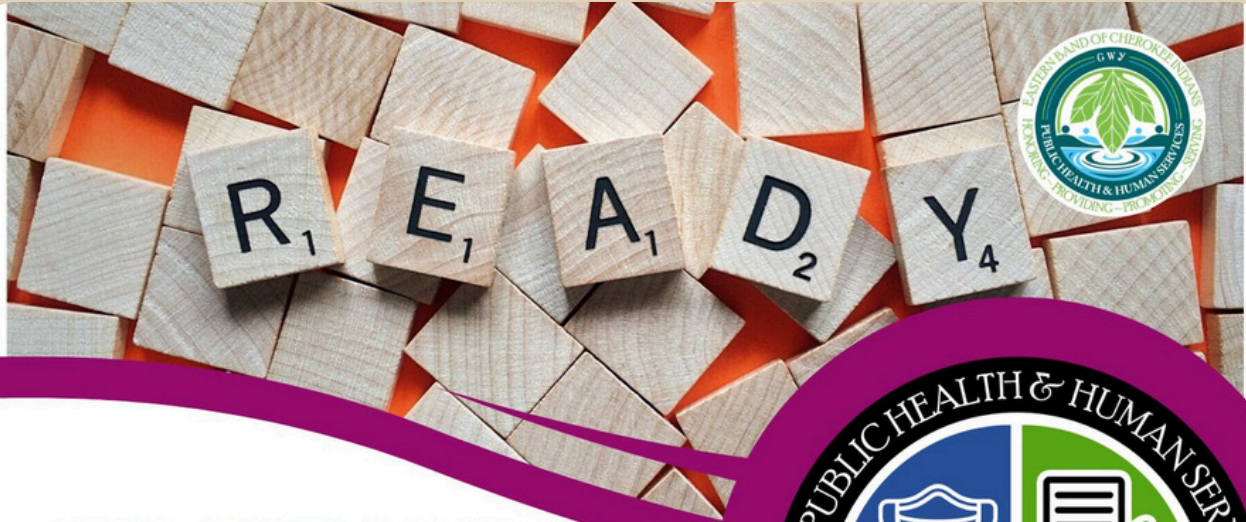
Admin Leave for Physical Activity
and Health Edu Survey 2025



For more info contact Shelby Parker at shelpark@ebci-nsn.gov or 359-6783



September 2025 Events



IT'S NATIONAL PREPAREDNESS MONTH!

Join us to learn more about emergency supply kits in a laid back atmosphere.

Create your own preparedness bag to take home! Lunch provided.

Wednesday 9/10 OR **Wednesday 9/24**

12 pm - 12:45 pm
PHHS Administration Bldg.



Sign up with
Lyndsey Henderson
lyndhend@ebci-nsn.gov
359-1500



September 2025 Events

WHAT'S FOR SUPPER?

Back to school is busy. Let us give you some tips and show you some tricks on how to plan and prepare quick healthy meals for you and your family. FREE 6 Week Class featuring cooking demos, recipes and lunch is provided!

*Thursdays 12-1PM
September 18th-Oct 30th*

**Info or To sign up contact
April: apriinni@ebci-nsn.gov
359-6201**



September 2025 Events

SYRINGE SERVICES PROGRAM



MOBILE UNIT SCHEDULE SEPTEMBER 2025 | 1PM - 3PM

FRI, SEPT 5 ~ WOLFTOWN GYM

TUES, SEPT 9 ~ BIRDTOWN GYM

THURS, SEPT 11 ~ SKATE PARK

FRI, SEPT 12 ~ BIG COVE GYM

MON, SEPT 15 ~ BIG Y GYM

TUES, SEPT 16 ~ TOHI EDASDI  

52 KEENER CABIN RD., CHEROKEE

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



September 2025 Events

Cherokee Choices

SEAT Workout and Nutrition Classes



Program info

This 1 hour program will combine a 30 minute nutrition lesson with a 30 minute chair exercise program. SEAT is a chair based exercise program that focuses on mobility, community connection, and movement. The nutrition portion will be taught by Registered Dietitian and certified diabetes educator, April Innis. Please reach out to Shelby Parker if you have any questions. (Contact info on bottom of flyer)



Dates



September 9th

Eating in season



September 16

Meal Prep and food storage



September 23

Healthy eating for diabetes



September 30

Healthy eating with high blood pressure



October 14

Eating well on the go



October 21

Traditional Cherokee foods and food ways



October 28

Eating well through the holidays - recipes and tips



Tuesdays 1-2pm

September classes will be at Cherokee Choices

October classes will be at Wolfstown Community club



Wolfstown Community Club
12 Burgess Dr. Cherokee NC

Cherokee Choices
806 Acquoni Rd. Cherokee NC



828-359-6783



shelpark@ebci-nsn.gov

September 2025 Events



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

September 2025 Events



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**



September 2025 Events

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



September 2025 Events



Thursday
SEPTEMBER
18TH
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



September 2025 Events



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



September 2025 Events



EBCI PHHS FAMILY SAFETY PROGRAM
ADULT PROTECTIVE SERVICES (APS)
SNOWBIRD OFFICE

3RD WEDNESDAY OF EVERY MONTH

10AM – 2PM

JACOB CORNSILK COMPLEX
60 SNOWBIRD SCHOOL RD.
ROBBINSVILLE, NC

Call for an appointment, or feel free to stop by. If you know of an elder or vulnerable adult in need of assistance, we are here to help. We also offer resources, support, and referrals to services.

Every person, of every age, deserves safety, security,
community and wellness.

FOR MORE INFORMATION CONTACT:

AMY YERKA (828-359-1583) OR NICOLAS SQUIRRELL (828-359-1563)

September 2025 Events



DRIVE tsalagi public health flu vaccine clinic THRU



CHEROKEE WELCOME CENTER
9:00 AM - 5:00PM

OPEN TO ALL | AGES 18+
MORE INFO: 828-359-6240

Upcoming...

10/6/25: Fair Week ~ Stick Off

10/7/25: Fair Week ~ Parade Day

10/8/25: Heritage Day Holiday; Fair Week Children's Day

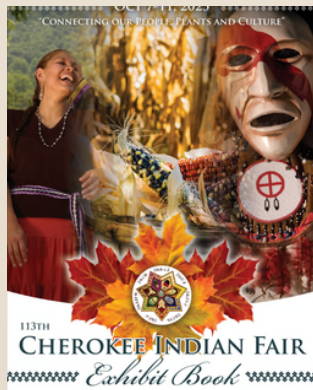
10/9/25: Fair Week ~ Elder's Day

10/10/25: Fair Week ~ Veteran's Day

10/11/25: Fair Week ~ Community Day

Event Details: [113th Cherokee Indian Fair](#)

Artists Information: [2025 Exhibit Book](#)



10/30/25: Tribal Halloween Event

10/31/25: Cherokee Choices Healthy Halloween

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



ᎠᎩᎠᎠ ᎠᎩᎠᎠ ᎠᎩᎠᎠ & ᎠᎩᎠᎠ ᎠᎩᎠᎠ ᎠᎩᎠᎠ ᎠᎩᎠᎠ

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