

JANUARY 2025

HBMI

NEWSLETTER



Happy New Year

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New Health Care Provider

New Electronic Sign!

Have you seen our new electronic signs, located at the entrances of Clover Circle and Pine Drive? Thanks to funding obtained by the Maliseet Health and Wellness Center, we were able to upgrade our two signs to these full color models capable of also doing animations!

Be sure to keep an eye out for all the important notices for the tribe on our new signs.



Elders' Calendar

January 2025

Elder Center phone # -- 532-7780
 Elder Coordinator -- Danya Boyce
 Cook -- Mark Lewis

All regular meals begin at 11 a.m.

2025
 HAPPY NEW YEAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2 Chicken burger on bun Oven fries Squash Cook's choice dessert	3	4
5	6	7 Chop Suey Rolls Mixed Vegetables Cookies	8	9 BBQ Chicken Potatoes Rolls Carrots Brownies	10	11
12	13	14 Meatloaf Mashed Potatoes Green Beans Dinner Roll Cookies	15	16 Spaghetti & Meatballs Green Salad Assorted dessert	17	18
19	20	21 Sloppy Joes on bun Oven Fries Corn Assorted Desserts	22	23 Soup N' Sandwich Assorted Toppings Fruit Cook's Choice Dessert	24	25
26	27	28 Pork Chops Stuffing Potatoes Rolls Ice Cream	29	30 Fish burger on bun Oven Fries Peas & Carrots Cook's Choice Dessert	31	1

Happy
 New Year



Tribal News & Announcements

Boys and Girls Club of Maliseets News

December Highlights and January Preview


December was a festive and educational month at the Club! We collaborated with ICWA to host our annual Community Christmas Party and celebrated with our own Club Christmas Party for members.

Our youth enjoyed exciting activities like E-Sports, learned about nocturnal animals from Katahdin Woods, and crafted beautiful ornaments with an Indigenous artist.


Looking ahead, January brings our first Teen Takeover event on Jan. 23, from 3 to 6 p.m. We're excited to start monthly cultural activities with youth by creating turtle rattles.

In honor of Martin Luther King Jr., the Club is hosting an Animal Drive to support the local animal shelter. Donations can be dropped off Monday through Thursday, 8 a.m. to 5:30 p.m.




BOYS & GIRLS CLUB
OF MALISEET


TEEN TAKEOVER



PREPARE FOR AN EVENTFUL AFTERNOON FULL OF CRAFTS, GAMES, HANGING OUT, AND DISCUSSING FUTURE TEEN EVENTS!

6TH GRADE AND UP

DATE & TIME: **JAN. 23RD** MUST BE REGISTERED TO ATTEND



START FROM 3 PM - 6 PM
AT 618 FOXCROFT RD.

BOYS & GIRLS CLUB BUILDING [HTTPS://PDF.AC/2MMPMD](https://pdf.ac/2mmpmd)

SNACK AND DINNER INCLUDED IF INTERESTED PLEASE CONTACT: MANDERSON@MALISEETS.COM

VIST US ON FACEBOOK @ BOYS AND GIRLS CLUB OF MALISEETS

Tribal News & Announcements

Community Social event slated for January

The Houlton Band of Maliseet Indians is once again hosting a Community Social. The next event is tentatively slated for Thursday, Jan. 16, from 5-8 p.m. at the Maliseet Community Center (568 Foxcroft Road).

Bring a dish to get entered into a drawing. Bring your regalia for Native drumming and dancing. Families are encouraged to attend.

It is the goal of the Tribe to host these social events on a monthly basis, in order to increase interactions among tribal members.

Courses offered

Gwydion Griffith, our digital navigator, is offering a number of courses that will be hosted at the Social Services/Housing computer room from January through March.

Courses in January include "Basic Internet Safety," starting Jan. 13, at 6 p.m.; "Cloud-based Backup Solutions," starting Jan. 14, at 6 p.m.; "Windows 11 Basics," Jan. 15, 6 p.m.; "Identifying Frauds and Scams," Jan. 21, 6 p.m.; and "Introduction to Microsoft Word," Jan. 28, 6 p.m.

Additional courses will be offered in February and March. Some courses are more than one session and all have limited space, so people should reach out to Gwydion at ggriffith@maliseets.com to get more information and reserve a seat!

Maliseet Fitness Center to continue Loyalty Rewards Program in 2025

The Houlton Band of Maliseet Indians' Fitness Center is continuing its successful Loyalty Program in the coming new year!

The program begins Jan. 2 and is open to all Tribal Members and employees ages 17-and-older.

The Maliseet Fitness Center Loyalty Program is designed to encourage people to utilize the workout equipment on a regular basis by offering a rewards on a tier basis.

The more visits a person makes to the center, the more opportunities they will have to earn rewards ranging from a Nike drawstring bag, 20-pound dumb bell set, a JBL Clip 4 wireless speaker and a Nike N7 Native American Collection zip up hoodie!

In addition, a Fitness Bingo sheet has been added in 2025 to allow for even greater opportunities to compete for prizes. For more information, contact Maya Gardiner, personal trainer, at 207-532-2240, ext. 151.

Maliseet Fitness Loyalty Program

2025

Program starts January 2nd, 2025
Loyalty Program open to Tribal Members and Employees ages 17 and up.

Newest Loyalty Members who have not already joined our Loyalty Program will receive an Owala 24 oz water bottle and workout book upon successful registration.



Tier 1



Tier 1 - Nike Drawstring Bag

Tier 2



Tier 2 - 20 lb Dumbbell Set

Tier 3



Tier 3 - JBL Clip 4 Speaker
Wireless, Bluetooth

Tier 4



Tier 4 - Nike N7 Native American
Collection Zip Up Hoodie

We will also have a Fitness Bingo Sheet for Loyalty Members to Complete for Prizes as well. Please see Maya to get your Game Sheet to start earning next month. Stay Tuned for more fun Drawings and new things to come throughout our 2nd Loyalty Program Year. If you haven't already joined, please grab a Fitness Center Loyalty Packet at the Maliseet Health and Wellness Center today. If you have any questions, please call Maya our Fitness Center's Personal Trainer at (207) 532-2240 ext. 151.

Tribal News & Announcements

Celebrating Winter Solstice with students

The Houlton Band of Maliseet Indians, in conjunction with RSU 29 Title VI Project Director Shelly Crandall-DeLuca and Wabanaki Public Health & Wellness held a Winter Solstice Event Thursday, Dec. 12, at the Maliseet Community Center.

RSU 29 students enrolled in the program participated in Arts and Crafts, Moccasin Making, Team Building and Ash Ornament making.



Maliseet Health Center welcomes new provider

Dr. Robert Mike-Mayer will be leaving the HBMI clinic on Jan. 6 after three years of serving our community.

Taking over as Health Care Provider will be Nicki Larrabee. She brings almost 15 years of experience as a nurse practitioner and has been the Chief Medical Officer for Katahdin Valley Health Center in Patten for five years. She has a particular interest in diabetes management.

To schedule an appointment with her, please call the clinic at 532-4229.

**STALKING
& HUMAN
TRAFFICKING**

*January is Stalking
and Human
Trafficking
Awareness month*

*If you or someone you know
needs help, call our Maliseet
Advocacy Center's 24-hour
hotline at 207-532-6401.*

