**HBMI** 

# **NEWSLETTER**



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# 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.







## **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.

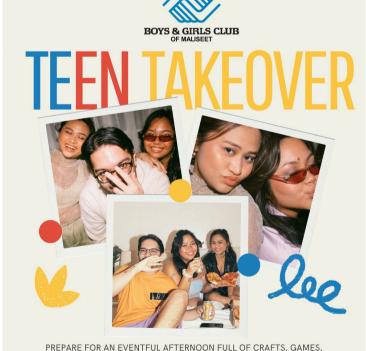
Our youth enjoyed exciting activities like E-Sports, learned about nocturnal animals from Katahdin Woods, and crafted beautiful ornaments with an Indigenous artist.

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.







HANGING OUT, AND DISCUSSING FUTURE TEEN EVENTS!

#### **6TH GRADE AND UP**

DATE & TIME:

**JAN. 23RD** 

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

BOYS & GIRLS CLUB BUILDING

SNACK AND DINNER INCLUDED

MUST BE REGISTERED TO ATTEND



HTTPS://PDF.AC/2MMPMD

IF INTERESTED PLEASE CONTACT: MANDERSON@MALISEETS.COM

VIST US ON FACEBOOK @ BOYS AND GIRLS CLUB OF MALISEET

## **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 Gwydion to agriffith@maliseets.com aet more information and reserve a seat!

## Maliseet Fitness Center to continue Loyalty Rewards Program in 2025

Center is continuing its successful Loyalty Program in the coming new year!

The program begins Jan. 2 and is open to all trainer, at 207-532-2240, ext. 151. Tribal Members and employees ages 17-andolder.

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, 20pound dumb bell set, a JBL Clip 4 wireless speaker and a Nike N7 Native American Collection zip up hoodie!

The Houlton Band of Maliseet Indians' Fitness 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

#### **Maliseet Fitness Loyalty Program**







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 throught our 2" 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.

