



MSDB Happenings



Letter by Diane Eddy, Director of Health Services

Greetings form Health Services at MSDB!

Summer is gone and the fall season has arrived as the leaves are turning and rakes are coming out of storage. We need to think about staying as healthy as possible *before* the cold and flu season arrives. The flu season typically peaks during the winter but it is not too soon to start preparing yourself as the flu can hit as soon as October. To help you stay healthy this year; MSDB has its annual [FLU CLINIC](#) on campus for staff, students, and family members Tuesday, October 11, 2016 from 2:00-4:00pm in the basement conference room in Bitterroot.

The top **three** ways to prevent the flu are:

- ***Getting the flu vaccine**
- ***Covering your cough**
- ***Washing your hands**

Getting vaccinated each year is the best was to prevent getting the flu. If you are a healthcare worker, have a chronic illness or take of someone with a chronic illness, or take care of someone younger that six months; then it is especially important that you get the flu shot. If you need more information on the flu clinic this month give me a call at 771-6100.

It is important to remember that each and every year the *flu* causes between 17,000 to 52,000 deaths. **Be Wise and Immunize against the Flu!**

**Have a Safe and Healthy school year,
Diane Eddy RN
Director of Health Services**

Upcoming Events!

The 19th will be our Great Shake-Out Drill (for earthquakes)

Red Ribbon week will be Oct 24-28

- Monday-Super Crazy Sock Day,
- Tuesday-Super Crazy Hat Day,
- Wednesday-Super Mismatched Outfit Day
- Thursday-Super Cape Day
- Friday-Dress Up Against Drugs

Halloween will be celebrated at MSDB on FRIDAY, Oct. 28th

Montana Youth and Transition Conference will be in Helena November 14, 15, and 16 at the Radisson Colonial Inn

October Calendar of Upcoming Events

Mon.	Tues.	Wed.	Thur.	Fri.	Sat/Su
3	4	5	6	7	8/9
10	11	12	13	14	15/16
17	18	19 Travel Home	20 No School	21 No School	22/23 Travel Return
24	25	26	27	28 Halloween	29/30



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Letter by Audra Huguelet, Cottage Counselor



My name is Audra Huguelet and I am the new cottage behavioral counselor for the Deaf girls. I recently moved here from Michigan with a degree in Sociology

and currently in the process of obtaining a Masters degree in Counseling. Growing up with a Deaf sister fueled my passion for the Deaf culture and pursuing this career path. My role within the cottages is mainly to help the students succeed academically and socially by providing a positive support system and maintaining communication with parents as well. I am responsible for making sure the students are able to reach their full potential at MSDB by providing guidance, advice, and extra skills they may need. The last month has flown by quickly and I have had the pleasure to see the children grow and learn so much already. I can't wait to see what the rest of the year holds for us!

Eat at Fuddrucker's fundraising day with MSDB in Great Falls from 5-9 PM. You can print the ticket out or show the ticket from your cell at: <http://www.msdb.mt.gov/FuddruckersFundraiser.pdf>.

