

RiverStone Health Connections



March brings the promise of growth, renewal, and new opportunities to strengthen our community's well-being. It's also Colorectal Cancer Awareness Month, a time to highlight the importance of prevention, screening and early detection.

As we celebrate the power of collaboration, we recognize the vital role our partners play in building healthier futures for all. Together, we continue to expand access to care, support one another, and make a lasting impact.

RiverStone Health Service Spotlight

The American Cancer Society and the U.S. Preventive Services Task Force recommend that all adults ages 45 to 75 years get screened for colorectal cancer. Previous guidelines started at 50 but doctors are diagnosing an increasing number of younger adults with colorectal cancer.

Multiple studies suggest physical activity reduces the risk of colon cancer by as much as 24%.

Heavy alcohol use, chewing tobacco, and smoking can increase the risk of colon cancer.

Symptoms of colorectal cancer are rectal bleeding, changes in bowel habits, feeling full early, unexplained weight loss or abdominal pain.

Exercise and eating a healthy diet of fruits, vegetables and lean meats are good prevention for colorectal cancer. Limiting red and processed meats, getting plenty of exercise are also good prevention. Ask your doctor about what screening is best for you, regular screening is key to preventing the development of advanced colorectal cancer. How often you should screen can depend on family history and other risk factors.

Kambria's Fight and RiverStone Health have partnered in March's Colorectal Cancer Awareness Month.

Kambria and her family have been successful in getting a proclamation signed by the Mayor of Billings, Bill Cole and the Governor Greg Gianforte.

RiverStone Health has a showcase of Kambria's personal campaign fighting colorectal cancer. Her grandfather was diagnosed when she was six years old. Since then, she and her family have been making products to sell on their Etsy page to sell in support of those fighting cancer. When Kambria started to understand the seriousness of her grandfather's cancer journey, she decided to raise \$500 for colorectal cancer prevention.

Kambria and her family will be returning from their third trip to DC representing the state of Montana. Kambria was Fight CRC person of the year in 2023. She is very determined young teenager and RiverStone Health is excited to partner with her.

Kambria's Fight will be at RiverStone Health's main Billings campus on March 26th from 1-4 p.m. in our clinic lobby if you or your clients would like to stop in and learn more.

[Learn more about Kambria's Fight](#)

Partner Spotlight: Veterans Navigation Network



VETERANS NAVIGATION NETWORK

Former Army Ranger Blake Fuhrman founded Veterans Navigation Network (VNN) in October 2019 with the goal of meeting the needs of Service Members, Veterans and their Families (SMVF) across Montana. VNN does this through one-on-one resource counseling, case management, peer mentorship, advocacy, and social & informational events. Federal & state VA benefits, nonprofit, faith-based, & local government services improve quality of life, but only if SMVF are aware of the resources.

VNN's role is to connect SMVF with healthcare resources, behavioral health options, legal, employment, education, fitness, homeless & suicide prevention, referrals for equine therapy and canine service animal training, assistance with VA disability compensation claims, discharge upgrades, survivor benefits, emergency financial assistance and much more.

If you would like more information about how you can refer your clients or patients, contact VNN at 406.435.9308 or info@veteransnavigation.org

VNN has directly assisted over 1,350 veterans since its inception in late October 2019. Additionally, VNN is the lead agency for the MT Veteran Service Provider Network, a member of the Suicide Prevention Coalition of Yellowstone Valley, helped revitalize the Montana Governor's Challenge to End Veteran Suicide, and stood up the MT Behavioral Health Advisory Council Veterans Subcommittee to advocate for behavioral health-related services for the SMVF community.

VNN started a community-based TV show highlighting veterans, veteran service providers, and veteran benefits. With the help of a MT Healthcare Foundation Grant, we're building relationships with the twelve Native American Tribes/Nations and five Urban Indian Health Centers across Montana to better serve Native Veterans. Additionally, we're working with (not so) Average Jane to create a Female Combat Veteran Retreat that includes post retreat resource navigation and follow up. Furthermore, the VNN Veterans Integration Program supports Montana veterans who are incarcerated, facing legal challenges, or reentering society by providing specialized case management, resource navigation, and peer mentorship. By addressing the root causes of justice involvement, such as substance use, PTSD, unemployment, and housing instability, the program aims to reduce recidivism, promote successful reintegration, and ensure long-term stability.

More information can also be found on VNN's facebook page and website.

[Facebook](#)

[Website](#)

At RiverStone Health, you are at the center of everything we do with a focus on improving life, health and safety of our community. Serving the Yellowstone County community and south-central Montana for nearly 50 years, we are an essential provider of personal and public health services. Health, Education, Leadership and Protection – HELP is what we do.

We offer medical, dental and behavioral health; home health and hospice; public health services like immunizations, WIC, health promotion and restaurant inspections; and educate the next generation of health professionals. Our expertise spans all ages and stages of life.

If you would like to be a future partner spotlight, or learn more about RiverStone Health's work in the community please reach out to our Communications team at Communications@RiverStoneHealth.org or 406.247.3387.





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