



Volume 5

As the pandemic rages on, demonstrations for racial justice continue, and daily life is inextricably altered, climate continues to affect our health and concern the general public and health professionals. Over 100 Montana health professionals have signed up with us to date and our work continues also. **Consider forwarding this to one health professional friend.**

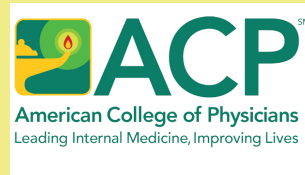
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Stephanie Burkholder, MN, APRN, FNP-BC is an assistant professor of nursing at Carroll College in Helena. During the fall semesters, she teaches *Nu414: Community & Public Health Nursing* and has recently expanded the course objectives and content to emphasize the role of nurses as environmental health advocates. Last October, Stephanie (far left) and four of her senior nursing students tabled at the Clean Energy Expo (held in conjunction with the Sun Run 5k) in Helena.

The rest of the story...

New Ally to MontanaHPHC



The Montana Chapter of ACP has joined the Montana Chapter of the American Academy of Pediatrics, the Montana Public Health Association, and the American Lung Association. Allies of the MontanaHPHC are health and science organizations that are aligned with our Vision and Mission statements regarding the health threats of climate change and the health benefits of solutions.

Montana ACP



August 12, noon, virtual, Mark Your Calendar!

Special Virtual MtHPHC Event!

A viewing of the 2020 documentary "Unbreathable" and an all-Montanian panel

has been arranged by Ronni Flannery of the American Lung Association. Unbreathable, by the American Lung Association, commemorates the 50th anniversary of the Clean Air Act.

Log-in info coming SOON on our [Facebook Page](#) and [Website](#)



July 2020

The House Select Committee on the Climate Crisis Action Plan

The plan is available [here](#)

A [summary](#) as related to health was produced by Health Care without Harm

Friday & Saturday, September 25 & 26

"Cultivating Soil, Soul & Health"

Announcing the second Faith, Science & Climate Conference (FSCA) to empower faith- and science-oriented individuals and communities to learn how to collaborate on climate change and environmental justice issues. Registration and more information, [here](#)



Members in the News

2020.07.22 Robert Byron, representing Montana, testified at the (virtual) Office of Management and Budget meeting on the EPA's Methane Rollback

2020.07.22 Robert and Lori Byron presented to the Montana-Pacific Quality Health group on: Impacts From Our Environment On Physical and Mental Health

2020.06.23 Missoula approved their new [Climate Adaptation Plan](#). Dr Nick Silverman, a MontanaHPHC board member, is on the Steering Committee.

Meaningful Actions for us to take



Help ANYONE Register to vote

This site works for anywhere in the U.S. Many have been deregistered, you can check your status here. Voting is a critical climate action!

[At Vote 411](#)



Sign a letter to Congress about safe voting during COVID

COVID-19 & the Election: In a Public Health Emergency, We Need to Be Guided by Experts



U.S. CALL TO ACTION ON CLIMATE, HEALTH, AND EQUITY: A POLICY ACTION AGENDA.

Over 100 health and environmental organizations, have signed the policy action agenda. The document is now open for individual signatures. We invite you to review the [document](#) and consider signing.



NW Energy's Pre-Approval to buy more of the Colstrip 4 Power Plant

The Montana Public Service Commission (PSC) has a big decision to make that will impact Montanans health as well as their pocketbooks. NorthWestern Energy wants to buy a larger share of the Colstrip Unit 4 power plant, and shift the unknown risks and costs onto customers through a "pre-approval docket" at Montana Public Service Commission this year. Contact [your PublicService Commissioner](#) and urge them to DENY Northwestern Energy's application for pre-approval. PHOTO: Goodfreephotos.com



Learning Corner

Life expectancy, globally, is cut by two years due to air pollution according to the [Air Quality Life Index Report](#) published in July 2020.

System Challenge

July 5, 2020 - November 29, 2020

AERO empowers communities to nurture and promote a more sustainable Montana; work that emphasizes resilient communities and food systems. These actions also lower GHG emissions . [Take the Challenge.](#)



Student Corner, by Sarah Lorch

All-natural Havens of Relaxation

No matter what profession a person holds, the COVID pandemic has added stress and anxiety to everyone's plates and impacts every person in a unique way. Healthcare workers are no exception. Although methods such as yoga and meditation are taught to manage stress, the complexity and ever-changing dynamics of the pandemic has left a toll on mental health of employees. In order to sustain energy and come to work each day as this crisis ebbs and flows, a greater sense of peace and relaxation is in order. What better way than bringing people back to the healing power of the natural world? According to Daily Nurse, "serenity rooms" which have plants, natural sounds, and images of are being incorporated into hospitals to give employees a safe haven from the anxieties and emotions of the workplace. Luckily in Bozeman, there are opportunities to go outside after work and destress too. For those in Bozeman who have become accustomed to accessing the outdoors, this may seem obvious. However the results of several studies showing that "contact with nature is a relatively easy and an inexpensive way to improve employee stress indicate a majority of

employees' exposure to outdoor, indoor and indirect nature is limited."

How can we ensure that healthcare workers receive training in school on the benefits of accessing the safe havens of rivers, mountains, and forests in their backyards? With greater understanding of the benefits, might there be more advocates for protecting the health of the natural world?

Read more research [here](#)

Donate

Montana Health Professionals for a Healthy Climate

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