



**Diabetes Advisory Council Goes
Out to Lunch!**

by Sandra Hahn

For our March meeting, the diabetes group went out to lunch at Canyon Way in Newport. The dietician, Karen Kozick, met with the chef before hand and went over the ingredients of various dishes. The group got to choose from a condensed menu of healthy diabetic choices. We had a delicious lunch and got some practice on making choices when dining out!



**Fresh Start Facilitator
Training Held**

by Sandra Hahn

Fresh Start is a program from the American Cancer Society to help tobacco users stop using. It consists of four one-hour classes that offer the smoker support and information to stop. It also offers tips for "staying quit and enjoying it forever."

On March 30, the Clinic hosted a training for leaders of stop smoking classes. Lee Wright from Toledo was the instructor. Attending the workshop were physicians, Dr. Christensen and Dr. Scriver; physicians assistant, Claire Spiro; nurse practitioner, Megan Evans; health education staff, Sandra Hahn and Kathryn Dick; mental health counselor, Angela Clark; and community health staff, Cathy Rasmussen, Miranda Williams, Leisa Warner. The instructor was surprised and excited to have health care workers interested in the training.

**If you're ready to quit smoking -
we're ready to help:
toll free
1-877-270-STOP**

**Si vive en Oregon y le interesa
dejar de fumar. Llame gratis al
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877-266-3863**



Angela Clarke, New Clinical Medical Social Worker

Angela Clarke Joins Staff

by Katherine Dick

Angela was born in Coronado, California, and was raised in the Los Angeles area. She attended UCLA and received her bachelor's degree in Physiology and English Literature.

Angela moved to New Mexico 20 years ago and lived in Taos, Chimayo and Albuquerque. She learned Spanish, built an Adobe house and had three children. She has been in recovery for 14 years. She went back to school and received her master's degree in Counseling and Psychology. She worked with the developmentally disabled, Spanish gangs and with mentally ill clients at a mental health clinic in Old Town Albuquerque. She also did alcohol and drug work in Socorro, New Mexico.

Angela's husband was from Oregon and decided he wanted to move home. They have been in Oregon now for two and a half years. She worked with the Drug and Alcohol Program in Newport until October 16, 1998, when she started here as our Medical Social Worker. She says she is really happy to be here and really enjoys working with women clients, especially moms. Angela has been actively involved with our Diabetes Group and has just completed the Fresh Start Smoking Facilitators Workshop. She is also interested in Fetal Alcohol Syndrome and herbal medicines.

Other interests include tennis, reading, making beaded necklaces, and being a silversmith.

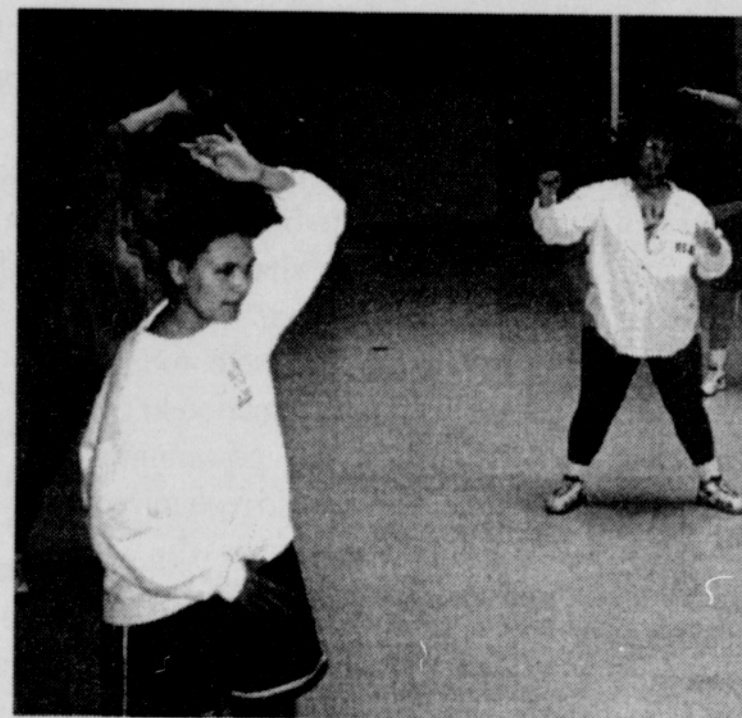


Jessica Parr practices Infant CPR

1999 Miss America Coming to Siletz

By Kathryn Dick

Nicole Johnson, Miss America 1999, will be coming to Siletz on May 27, 1999. She travels approximately 20,000 miles a month and will speak at Toledo High School and in the evening at Chinook Winds Casino. Watch for more information as to where and when she can be seen. Nicole Johnson is a Diabetic and her platform is Diabetes Awareness. We will be getting more information so watch for the details.



Tae Bo Classes Offered

by Sandra Hahn

The Clinic's Diabetes Program is offering Tae Bo classes at the community center on Monday, Wednesday, and Thursdays from 5-6 pm. Classes are free, open to all, and are led by Shelly Andrews. By popular demand, we will offer them through the month of April, same time and place.

Tae Bo is a low-impact aerobic class that incorporates martial arts and boxing moves to give you both an aerobic and strength building exercise. It is also very fun!

Exercise is CRITICAL for the management of diabetes. It can also prevent or delay someone from getting diabetes. If you have a high risk of diabetes, put exercise at the top of your priorities. Risks include:

- Being overweight
- Having diabetes in your family
- Being Native American
- Having high blood pressure
- Being a woman who has had a baby that weighed more than nine pounds at birth.

The Diabetes Program plans to offer more exercise classes. If you have specific requests or ideas for activities that interest you, or you would like more information on getting involved, please call the clinic's health education department.