



## Diabetes Group Travels to Reno

Twenty-two staff members and patients of the Diabetes Support Group attended the National Native Diabetes & Community Prevention Conference, held in Reno, Nev., in January. The conference, sponsored by the University of Oklahoma, covered several topics ranging from stress, exercise, and nutrition to traditional foods and foot care.

Margo Boesch is enrolled with the White Earth Minnesota Chippewa Tribe and is a member of the Turtle Clan. She presented a new approach to diabetes prevention that focuses on one's relationship to food, the way it affects our cravings, insulin resistance, and how we use food to make us feel better. Boesch is a breast cancer survivor and comedian. Her presentation was fun, interesting, and entertaining.

Another speaker, Harold Belmont Sr., titled his presentation “Empty Wheelchair, Heart Full of Hope.” He shared his life story of alcohol addiction and living on the streets. At one time, Belmont was lead dancer and was active on the pow-wow circuit.

He grew up on a hill near downtown Seattle. His blood is Suquamish and Songhees. He calls himself a “Beacon Hill” Indian. At the time of his diagnosis, he was in a wheelchair and weighed 380 pounds. He talked about how he discovered that he needed to make changes to live a healthier life. Belmont now weighs 210 pounds and walks with the help of a cane.

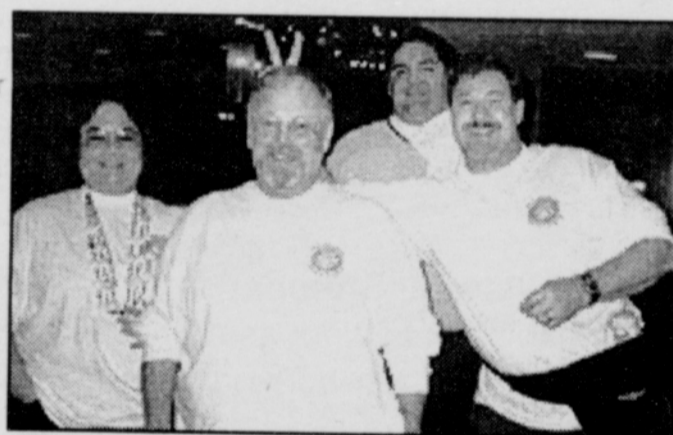
His presentation was one of hope for each individual who listened to him. He describes himself as “alcoholic, diabetic, arthritic, and romantic.” Harold has been sober for the past 25 years. He now travels and shares his story to encourage others to lead a healthy lifestyle.



*Top photo: The “gang.”*

*Bottom left photo (l to r) : Tammy Wagner, Danny Rilatos, Kent Rilatos, and Tony Lundy take a break.*

*Bottom right photo: Harold Belmont and Tammy Wagner.*



Attendees at the conference included Sandra Hahn, clinic health educator; Kathryn Dick, clinic programs assistant; Lesia Warner, Portland-area CHA; Angela Clarke, clinic medical social worker; and Angela Ramirez, tribal services assistant. Diabetes Support Group members who attended included Wayne Case, Tammy Wagner, Kent Rilatos, Danny Rilatos, Tessabell Green, William Strong, Jack McCord, Leslie Hickerson, Nicole and Tony Lundy, Angela and Dale Robertson, Diane Robertson, Shelly and Reggie Butler Jr., along with their children, Logan and Cecillie.

### Diabetes Prevention

**You can prevent and control diabetes. The best ways are:**

**Be active...walk more and longer**

**Choose low-fat foods**

**Eat more fruits and vegetables**

**Eat whole grain breads and cereals**