



## TPEP Presents Profiles on Quitting

### Lisa's Story

by Lisa Brown

This is my story about my struggle to overcome the addiction of **nicotine**.

I was born in 1960. My mother is Aurellia Darlene Picard, daughter of Marge Martin-Lane and Henry Picard. I ended up being raised by my grandfather's sister, Mary Jane Picard, whom I referred to as grama. My grandfather's side of the family were Modoc-Shasta-Pitt River-Modoc, from down in Klamath country, coming from Picard Calif., just east of Doris, Calif.

It was unfortunate for me that my Grama Mary Jane and her husband drank alcohol and smoked too. This means that I had many opportunities when they were not paying attention to steal cigarettes. I don't know how many cigarettes I took when they weren't looking.

In addition to this, they were modeling that smoking wasn't a bad thing to do. Plus, I had a lot of free time on my hands when they were drinking alcohol or "resolving conflicts." Added to this were trips to Chilouquin to visit relatives – more drinking and smoking, which makes it all seem just too normal.

Sad but true, I began sneaking around with older cousins, taking a dare to "smoke" as early as 7 or 8. By the time I was 8 or 9, I was taking cigarettes when the adults weren't looking and by the time I was 12, my grandma said it was better for me to smoke around her rather than behind her back.

The reality was that she would prefer the company. Addiction makes a person blind and makes no big deal of how young or innocent its hostages are. I really never quit. Not until the tribe got the tobacco prevention program position in 1999 did I even think about quitting.

Then in 1999, I got hired as the prevention coordinator to work with youth age 10 to 17. I remember how I would smoke on my breaks, during my lunchtime, and when I was not at work.

It probably took me three weeks before I realized how bad it looked for me to ask youth to **not** smoke when I smoked. I thought about how it was when I was young and decided that maybe I could make a difference for the youth I was supposed to be helping.

So I quit smoking – no patches, no pills, just a commitment and a promise to the youth whom I care about. I'm still committed, making a promise to try to be a good role model, to walk the talk.

I don't smoke, I don't do drugs, and I don't drink alcohol. I'm a spiritual person. I love to play games and have fun, and the things that make me feel good are knowing where I come from and what my cultural heritage is about.

Most importantly, sharing these things, thinking that maybe they might help someone else who wants to replace alcohol, tobacco, and drugs – that's what helps me walk a good path. If you're reading this, you're already on the right path. Keep reading, stop by and pick up a quit pack, read the literature – it will help.

I got my friend a quit pack and she quit on Jan. 28. She said she wanted my help to get well. I told her if I was going to help her get well, the first thing she needed to do was to quit smoking so I could help her. She did!

If you would like a friend to support you when you quit smoking, I'm here for you. Help is there – just ask for it.

## Clinic Events in April

### Diabetes Luncheon

April 16 at noon

Siletz Administration

Building Lunchroom

### Breastfeeding Circle

Housing Department

Conference Room

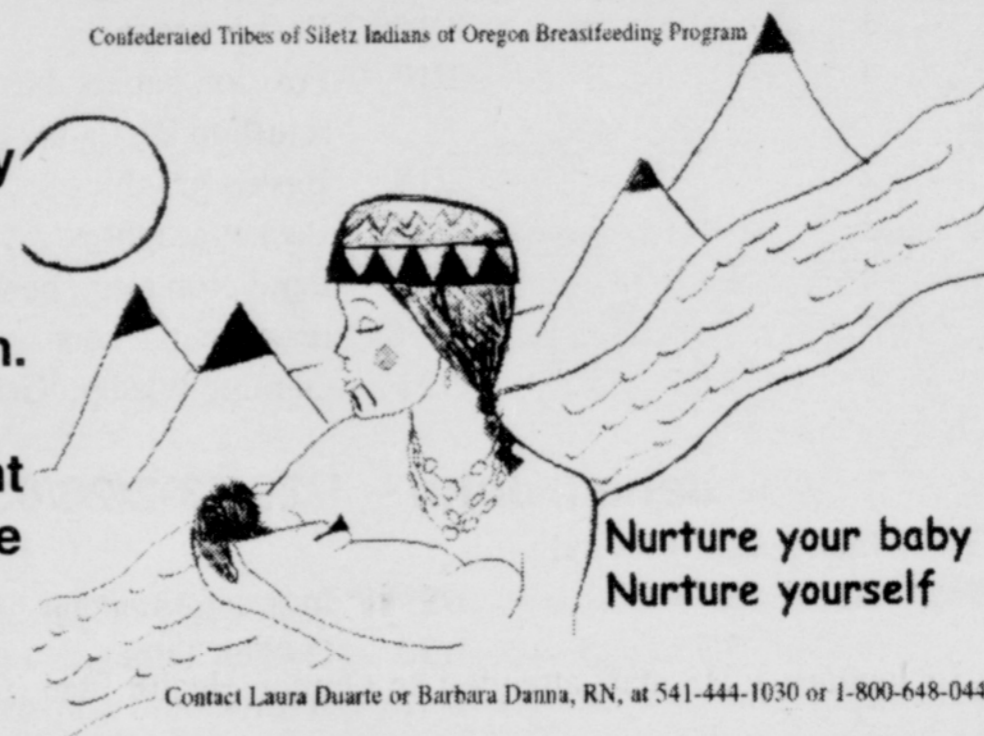
April 8 at 6 p.m.

All mothers and expecting mothers, please join us for a meal and some healthy education on breastfeeding.

## Moms and Babies Breastfeeding Circle

Confederated Tribes of Siletz Indians of Oregon Breastfeeding Program

2<sup>nd</sup> Tuesday  
of each  
month  
6 - 7:30 p.m.  
Housing  
Department  
Conference  
Room



Nurture your baby  
Nurture yourself

Contact Laura Duarte or Barbara Danna, RN, at 541-444-1030 or 1-800-648-0449

You're invited to come eat, visit, and learn about the many benefits of breastfeeding.

Sponsored by Siletz Tribal Diabetes Grant

## Diabetes Exercise Program Accepting Applications

Enrolled Adult Siletz  
Tribal Members  
April 1-15, 2003

Program note: Participants admitted to the program and meeting their attendance and documentation requirements do not need to submit a new application to continue on this program.

Applications will be accepted for the slots that remain open or become open. Slots are limited and submitting an application does not guarantee acceptance into the program. It's to your advantage to complete your application fully. Please see application materials for program details and our priority populations.

### What To Do

**Area offices:** Application packets are available during the first half of April in Portland, Salem, and Eugene through Community Health staff. Please hand-deliver or mail completed applications to Cathy Rasmussen, RN, CTSI Eugene A/O, 1140 Willagillespie Road, Suite 18, Eugene, OR 97401; or directly to Laura Bremner-Duarte, Siletz Community Health Clinic, P.O. Box 320, Siletz, OR 97380.

### Whom To Contact

For any questions or concerns, Siletz area call Laura Bremner-Duarte at 1-800-648-0449, ext. 671, or 541-444-9671; and Portland, Salem, and Eugene areas call Cathy Rasmussen at 541-484-4234.

**Applications must be received by April 15 to be considered for May. Applicants are responsible for confirming that one of the above program staff has received their application.**

### Timeline

Begin accepting applications	4/1/03
Last day to receive hand-delivered or mailed applications	4/15/03
Acceptance/denial letters mailed	4/18/03
For those accepted, "my starting point" document due	5/1/03
First day of exercise	5/1/03