



Photo by Natasha Kavanaugh

## Help needed to find missing regalia

A black Ecco bag was left on the pow-wow grounds in Siletz on Sunday, Aug. 12, 2012. It contained two sets of regalia. One was a youth-size yellow and red Pendleton with a Sponge Bob lining. The other was a man's black ribbon shirt with turquoise, white and gray ribbons. The breach had the four directions on it.

They are both traditional regalia that are very important. If you find them or know if someone picked them up, please call the Eugene Area Office at 541-484-4234, Josh McKnight at 541-228-0482 or Betti McKnight at 541-606-3784.

## Tribal vet rep asks Tribal veterans to call in

All Siletz Tribal veterans are asked to call Tony Molina, Honor Guard director and Tribal veterans representative, to verify their DD214s and enrollment numbers so he can process their names to be placed on the Veterans Memorial on Government Hill. Molina can be reached at 541-444-8330 or 800-922-1399, ext. 1330.

Look at what we've been up to.

Visit with the  
Siletz Tribal Arts and Heritage Society  
at the Restoration Pow-Wow.

Check out our new website with Josh Eddings.  
Take a tour of the site with Josh and qualify for our special drawing.



## CTSI Jobs

Tribal employment information is available at [ctsi.nsn.us](http://ctsi.nsn.us).

Note: "Open Until Filled" vacancies may close at any time. The Tribe's Indian Preference policy will apply. Tribal government will not discriminate in selection because of race, creed, age, sex, color, national origin, physical handicap, marital status, politics, membership or non-membership in an employee organization.

CTSI constantly is looking for temporary employees to cover vacancy, vacations, maternity leave and extended sick leave. If you are looking for temporary work that can last from 2-12 weeks, please submit an application for the temp pool.

## What you can do for a loved one with diabetes to help them be healthier

By Reggie Butler Jr., Physical Activities Coordinator

If your mother, father, husband, wife, grandfather, grandmother or another loved one has diabetes, there are things you can do to help.

First, try to understand how it feels to have diabetes. **Some people might feel:**

- In denial
- A lack of control
- Overwhelmed
- Scared
- Depressed
- Angry

There are things a person can do to live a healthy life with diabetes. **This is what your loved one might be doing every day:**

- Testing blood sugar several times each day
- Changing their eating habits to eat foods with less sugar and fat
- Changing their eating habits to include more fruits, vegetables, whole grains and lean protein
- Being more active by walking, working out at a wellness center, splitting wood, etc.

- Resting when needed and trying not to get "stressed out"
- Going to medical appointments more often
- Taking diabetes pills every day or giving themselves insulin shots

You can help your loved one with diabetes. **Here is what you can do:**

- Keep up your usual relationship with them.
- Ask them if there is anything you can do to support them with their

diabetes (provide a ride to the clinic or be a support person at a doctor's appointment).

- Be positive when they are drinking water instead of soda or eating baked foods instead of deep-fried foods.
- Try not to nag or judge them when they make a choice you think isn't healthy for them.

- Join them in making healthy food choices.
- Walk with them or invite them on a walk.
- Let them rest and have stress-free time to take care of themselves.

One of the best ways you can support your loved one with diabetes is to let them know they are inspiring you. You can become a champion in the fight against diabetes. You can prevent diabetes by being physically active every day and staying at a healthy weight.

Tell your loved one, "I want to help you stay healthy with diabetes and I want to be healthy myself. Let me join you in making healthy lifestyle changes. You have inspired me to stay healthy and fight diabetes. Thank you."



**Happy.  
Active.  
Life as usual.**

**I am not a diabetic. I am a mother, auntie, sister, friend . . . a person with diabetes.**

**I am not defined by diabetes. I have learned to manage it, and my life goes on in a good way.**

**I am strong and confident. I will live a long, healthy life with diabetes.**

November is National Diabetes Month.

Clip out this ad, keep for yourself, or give to a loved one.



Produced by IHS Division of Diabetes Treatment and Prevention, [www.diabetes.ihs.gov](http://www.diabetes.ihs.gov)