

Attention Medicare prescription plan members

Your prescription plan premium may have changed for 2014, so please send your documentation to Wendi Schamp at the Siletz Community Health Clinic as soon as you receive your notification.

Also, it is extremely important that you send the clinic a copy of your new and/or current prescription card(s). We want to make sure we have the correct billing information so we can bill and call in any pre-authorizations for your prescriptions.

Please send a copy to Wendi Schamp, Siletz Clinic, P.O. Box 320, Siletz, OR 97380; email a copy to wendis@ctsi.nsn.us; or fax a copy to Attn: Wendi, 541-444-9678.

Ten "Doable" Ways You Can Enjoy Meals on Special Days

Before you go to a holiday meal, feast day, potlatch, graduation or birthday party, make a plan to stay on a healthy eating track:

- Choose the ways you can stay on track and check: **YES! I can!**
- After the event, check the ones you did: **YES! I did it!**
- Bring this to your next appointment with your health care provider.

Special meal: _____ Date: _____

- 1 Earlier in the day, eat breakfast or healthy snacks.** Try not to delay eating so you can eat more at the feast. If you skip meals, it may be harder to manage your blood sugar. It will make you hungry. You will be more likely to overeat at the special meal.
☐ YES! I can! ☐ YES! I did it!
- 2 At the special gathering, limit before-meal chips and crackers.** Try putting a small portion on a small plate or napkin and eat only that. Avoid creamy dips and cheese. Choose salsa as a dip if it is served.
☐ YES! I can! ☐ YES! I did it!
- 3 Limit the number of starchy foods (potatoes, macaroni, bread) you choose.** Have a serving of just your favorite one. Or eat ½ slice bread and a few tablespoonfuls of other starches.
☐ YES! I can! ☐ YES! I did it!
- 4 Choose vegetables that are raw, grilled or steamed.** Avoid vegetables in cream sauce, gravy, butter or cheese sauce.
☐ YES! I can! ☐ YES! I did it!
- 5 Drink calorie-free drinks like water, unsweetened tea, seltzer or diet sodas.** Avoid regular sodas and juice.
☐ YES! I can! ☐ YES! I did it!
- 6 Avoid drinks with alcohol or limit them.** Women should drink no more than one alcoholic drink a day. Men should drink no more than two.
☐ YES! I can! ☐ YES! I did it!
- 7 If you choose to eat dessert, have a small piece.** Ask for a half of a piece of cake or pie. Try not to eat the frosting on cake. Don't add whipped cream.
☐ YES! I can! ☐ YES! I did it!
- 8 After the meal, take a walk with family members.** Walking will lower your blood sugar level. You will have more energy.
☐ YES! I can! ☐ YES! I did it!
- 9 If you eat too much, don't feel bad.** You have not failed because of one meal. Think about the days you did not overeat.
☐ YES! I can! ☐ YES! I did it!
- 10 Plan to get back on track the next day.** Make a plan for what you will eat for breakfast—maybe a boiled egg and a piece of whole wheat toast with non-fat milk (or soy milk). You are back on track!
☐ YES! I can! ☐ YES! I did it!



Produced by IHS Division of Diabetes Treatment and Prevention, 12/2012. To print this and other patient education material, go to www.diabetes.ihs.gov, click **Printable Materials**.

Congressional Internship Program

The Udall Foundation provides a 10-week summer internship in Washington, D.C., for American Indian and Alaska Native students who wish to learn more about the federal government and issues affecting Indian Country. The internship is fully funded as the foundation provides round-trip airfare, housing, per diem for food and incidentals, and a stipend at the close of the program.

Interns work in congressional and agency offices where they have opportunities to research legislative issues important to Tribal communities, network with key public officials and Tribal advocacy groups, experience an insider's view of the federal government and enhance their understanding of nation-building and Tribal self-governance.

The internship program is funded by the Native Nations Institute for Leadership, Management and Policy, which was founded by the Udall Foundation and the University of Arizona in 2001 as a self-determination, self-governance and development resource for Native nations.

In 2014, the foundation expects to award 12 internships on the basis of merit to American Indians/Alaska Natives who:

- Are college juniors or seniors, recent graduates from Tribal or four-year colleges, or graduate or law students
- Have demonstrated an interest in fields related to Tribal public policy, such as Tribal governance, Tribal law, American Indian education, American Indian health, American Indian justice, natural resource protection, cultural preservation and revitalization, and American Indian economic development

The application and all supporting materials must be postmarked by Jan. 31, 2014. For more information, visit nni.arizona.edu.

Peter Yarrow to sing in Portland at benefit for Wisdom of the Elders

Wisdom of the Elders in Portland, Ore., has announced a benefit concert with Peter Yarrow of the 1960s folk trio Peter, Paul and Mary.

The concert will be held Feb. 14, 2014, at 7:30 p.m. at Augustana Lutheran Church in Portland, Ore.

Tickets are \$5 for youth (14 and under), \$15 for students/Elders, \$20 for general admission and \$60 for a Golden Ticket, which includes the concert, a Gold Hour pre-concert meet-and-greet with Yarrow and Wisdom of the Elders VIPs and a signed *Puff the Magic Dragon* book with CD.

For more than 50 years, Yarrow has dedicated his life to social justice issues, peace activism, educational initiatives and a better world.

Tickets are available through brownpapertickets.com.

Event sponsorships are available; contact Daniel Dixon at daniel@WisdomOfTheElders.org or call 503-775-4014.



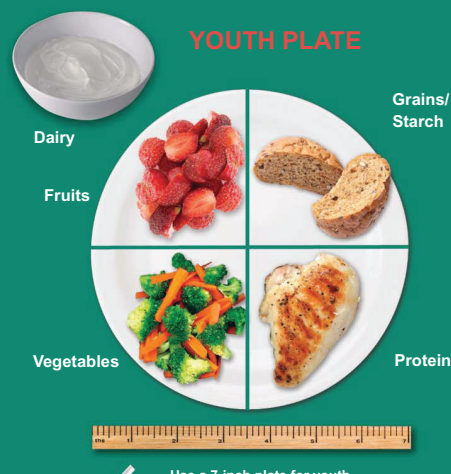
More My Native Plates for Your Family

Youth Plate Meal Tips

- Replace the yogurt with a small glass of low-fat, lactose-free or soy milk.
- Add a small pat of butter or margarine to the roll.

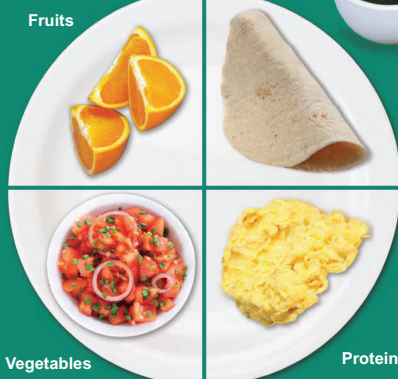
Pictured Here

- Fresh strawberries
- Steamed carrots and broccoli
- Small roll
- Baked chicken
- Low-fat yogurt



Use a 7-inch plate for youth.

BREAKFAST



Breakfast Tips

- Wipe a little oil on frying pan before scrambling egg.
- Replace the medium-sized orange with half a cup of orange juice.
- Add a glass of low-fat, nonfat, lactose-free or soy milk.

Pictured Here

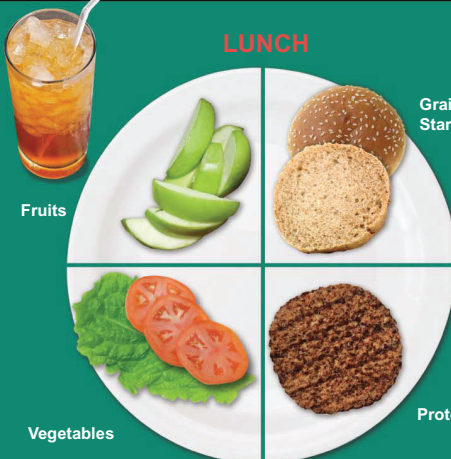
- Medium-sized orange
- Salsa
- Medium tortilla
- Scrambled egg
- Black coffee

Lunch Tips

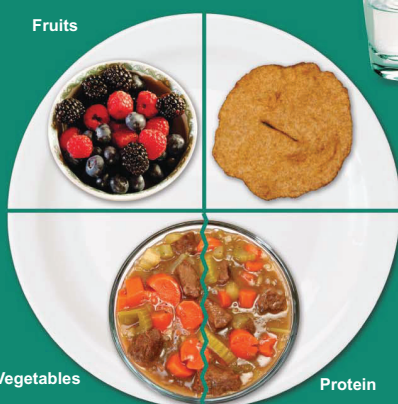
- Use ketchup and mustard on the hamburger.
- Skip mayonnaise.
- Skip French fries.
- Add one slice of cheese to add calcium and vitamins.

Pictured Here

- Apple
- Lettuce and tomato
- Small whole-wheat bun
- Small hamburger patty
- Unsweetened iced tea



DINNER



Dinner Tips

- Top berries with low-fat yogurt to add calcium and vitamins.
- Skip butter or margarine, or use one pat.

Pictured Here

- Mixed berries
- Beef and vegetable stew
- Small piece baked whole-wheat fry bread
- Water

For recipe ideas, go to www.diabetes.org and click on Food & Fitness. Produced by: Indian Health Service, Division of Diabetes Treatment and Prevention, and based on the USDA MyPlate. For more information, go to www.ChooseMyPlate.gov

