



Photos by Diane Rodriguez
 Left: Bud Lane helps Rose Bremner start a basket as Carol Blomstrom looks on before working on a basket.



Right: Liz John starts her basket.

Below: Prior to the arrival of others, Bud Lane weaves a basket that also served as a demonstration piece during the evening.

Project Night
March 17, 2015 • Siletz Tribal Community Center



Left: Rose Bremner and the start of her basket

Below: Spruce root



Tillicum Fitness Center Hours of Operation:

M-F 6am-10pm

Saturday 8am-2pm

Sunday 2pm-8pm

Classes at the Fitness Center:

Sit and Be Fit- Every Tuesday, Thursday, and Friday 10am-11am

Pilates every Monday and Wednesday 5:15pm-6:15pm

Fitness Center Phone Number: 541.444.9656

“Health is a relationship between you and your body”

UPCOMING EVENTS:

Water challenge coming in May: Sign up at the Tillicum Fitness Center

Eugene Area Office Diabetes Prevention/ Education meeting: April 2nd from 6-8pm. Contact Adrienne at 541.484.4234

Annual Health Fair: May 13, 2015 at the Siletz Community Health Clinic

Monthly Diabetic Talking Circle in Siletz: April 23rd from noon-1 at the Tillicum Fitness Center. Call Kayla at 541.444.9661 if you would like to attend.

STRESS

Managing stress healthfully is a crucial part of managing diabetes, because stress can have a serious effect on blood sugar. Hormones such as epinephrine and cortisol increase during stressful situations, causing the liver to produce extra glucose, while also increasing insulin resistance.

Ways to reduce stress:

- Stop dwelling on the past: live in the now– you cannot change the past. If you find yourself constantly stressing about a situation that could have gone differently, learn from it and move on
- Accept your emotions without judgment– remember that there are no right or wrong ways to feel
- Stop worrying about the future: if you find yourself constantly worrying about the future, create a plan and stick to it.
- Be more aware of your reactions to certain situations and learn from them.
- RELAX! Follow the relaxation tips provided in this article

Three Easy Ways to Relax

- 1. Take slow, deep breaths**
- 2. Go on a walk– going on a walk allows you to think and clear your mind**
- 3. Stretch– stretching reduces tension in your muscles, which can help you feel less stressed**