

Tackling diabetes through prevention

By Leslie Mitts
Spilyay Tymoo

Two new counselors with the Diabetes Prevention Program are very familiar with the topic after participating in the program themselves.

Winona Stwyer and Edmund Francis both went from participant to educator after completing the four-month program.

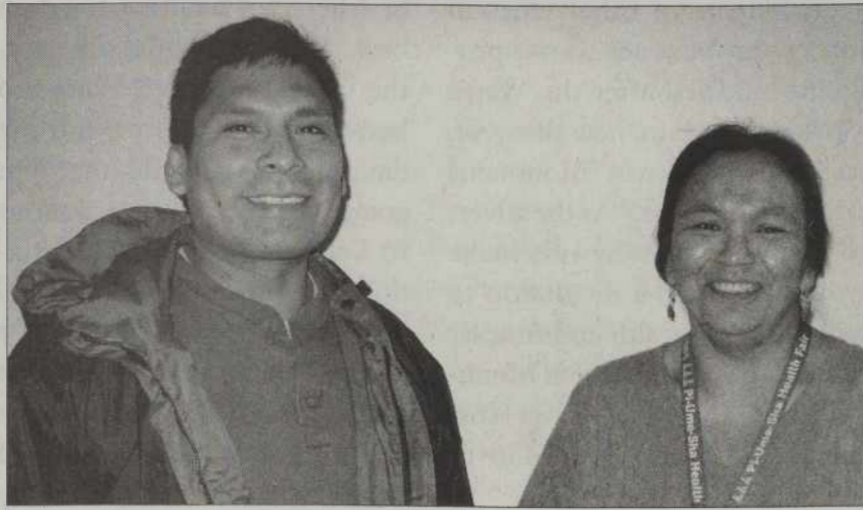
According to Stwyer, a family history of diabetes was what prompted her to become involved with the Diabetes Prevention Program.

"My parents were diabetic and I wanted to avoid it," Stwyer explained.

While watching her parents face complications from diabetes like amputation and dialysis, Stwyer made the decision to participate in the Diabetes Prevention Program after Coordinator Montell Elliot gave her some information about diabetes.

Through the program, she said, she learned how to eat right and control her portion size—something that her entire family has picked up.

In Stwyer's opinion, "The main thing is reading labels."



Edmund Francis and Winona Stwyer

When she first entered the program and began measuring her portion sizes, she said, her family would ask, "Is that all you're eating?"

"That's all you're supposed to eat," was her amused response. Now her children and other family members are adjusting their own portion sizes and developing better eating habits, she said.

Family is an important reason for her own lifestyle change, according to Stwyer.

"I'm going to be a new grandma any day now—that's why I joined the program," she said.

In addition to a healthy diet, Stwyer also wears a pedometer

and aims to log in 5,000 steps per day.

Francis' reason for joining the program was a little different.

"What prompted me was going to the doctor and what they told me," he said.

According to Francis, "Instead of taking pills I thought I would try to do it as naturally as I can."

He transitioned to the Diabetes Prevention Program from a job at Fire Management.

Stwyer decided to apply for a job with the Diabetes Prevention Program because of her experience with the program.

"I figured if I can help someone else I'll give it a try," she

said.

Having already participated in the program, Stwyer knows she can connect with the participants.

"I've been there," she said. "I've been there where they were."

Prior to working as a counselor she worked as a secretary. Her new job varies drastically to what she became accustomed to, Stwyer said.

"This is a whole different ballpark I'm in now," she explained.

While she used to sit behind a desk and answer phones, Stwyer said, "Now I'm out working with patients and I meet with them face to face."

One thing that took a bit of practice was learning how to test blood sugar by pricking a patient's finger. But, Stwyer said with a laugh, "I had good practice last week on my brother-in-law."

Participating and working with the Diabetes Prevention Program has not only transformed Stwyer's lifestyle, it has transformed her body.

She lost 40 pounds through the Diabetes Prevention Program and is now participating in the "Biggest Loser in Warm Springs" competition as well as re-entering into the Diabetes Prevention Program along with her patients.

"My goal is to lose at least 25 more pounds," she said.

The humble woman isn't used to the outpouring of praise she has been receiving on her weight loss yet. "It's hard for me to take compliments," she said.

Francis lost around 12 pounds through changing his eating habits—something he attributes to reading labels and eating at home instead of eating in restaurants.

In restaurants, he said, the portions given are much more than what is needed in a single serving.

His general health has also improved, he said.

"It's a slow trend," Francis added.

Stwyer encourages community members to participate in community screenings and to become involved with the program.

Next the two will travel to Dallas for training to become certified lifestyle coaches.

The Diabetes Prevention Program is a three-year program based on a grant that the Diabetes Prevention Program, Community Health and Community Wellness received.

Participants attend a four-month class and continue to meet with a coach and receive help during the rest of the time period.

Tribal landfill for authorized use only

The tribal Sanitation and Landfill Department would like to remind people that the tribal sanitation facilities, the dumpsters throughout the community, and the Dry Creek landfill and transfer station are strictly for the use of tribal members, reservation residents and authorized personnel only.

There have been many recent complaints that unauthorized non-member non-resident individuals are utilizing the facilities for their personal home garbage.

The reservation facilities are paid for by tribal funds. Unauthorized use costs the tribes.

Unauthorized use is against the tribal code and ordinances, and is a violation that constitutes illegal dumping and trespassing. These violations are subject to citations and fines of up to \$100 and cost of disposal.

Any questions should be directed to Nancy Collins, R.S., Sanitation and Landfill manager at 553-4943.

March to raise awareness of abuse

Youth Development Team members from Madras High School will be leading a march against child sexual abuse in Madras on Feb. 19.

The march will begin at 1 p.m. and move from the fire station in Madras to Sahalee Park, where a rally will be held.

Madras High School student Joanna Williams said they decided to conduct the march in order to raise awareness of child sexual abuse.

In addition, she said, they hope to gain support and find more ways to help children cope with the problem of sexual abuse—especially, she said, "to show them they're not alone in what's going on."

Williams said they hope to have around 200 participants, and anyone is welcome to participate.

The Youth Development Team is also rallying for young children to march with them.

They are offering 15 Youth Development Team sweatshirts to the first 15 children that show up with families.

The small sweatshirts read "silent messages must be heard."

The Youth Development Team recently completed a film

that tackles the subject of child sexual abuse, "Silent Message," which will be shown after the march at the Jefferson County Library Annex at 7 p.m. Admission will be free.

The march will be sponsored by Madras High School, the National Center for Victims of Crime, the National Crime Prevention Council, Jefferson County E.M.S., Jefferson County Commission on Children and Families, the Confederated Tribes of Warm Springs, Kids Center, and Jefferson County Victims Assistance.

The Youth Development Team is an anti-drug and anti-violence team made up of students who volunteer their time during lunch at Madras High School one day per week.

Their film "Silent Message" premiered in Bend and was later aired in Madras and in Warm Springs.

The 30-minute film tackles the subject of child sexual abuse in a series of three stories and is available on DVD from Hudson Productions at www.hudsonpro.com.

Students from Madras High School partnered with Hudson Productions and various community agencies to create the

film. The Youth Development Team in Madras was selected to be a mentor site for the National YOVA project—and it's one of only seven mentor sites in the United States.

The team is funded by a \$3,000 grant from the National Crime Prevention Council and the National Center for Victims of Crime.

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