

New home for Diabets Program

By Leslie Mitts
Spilyay Tymoo

The Diabetes Program made the move to a new building recently.

The program now has increased space and more to offer—the building features offices, a coaching room and an exercise facility for participants.

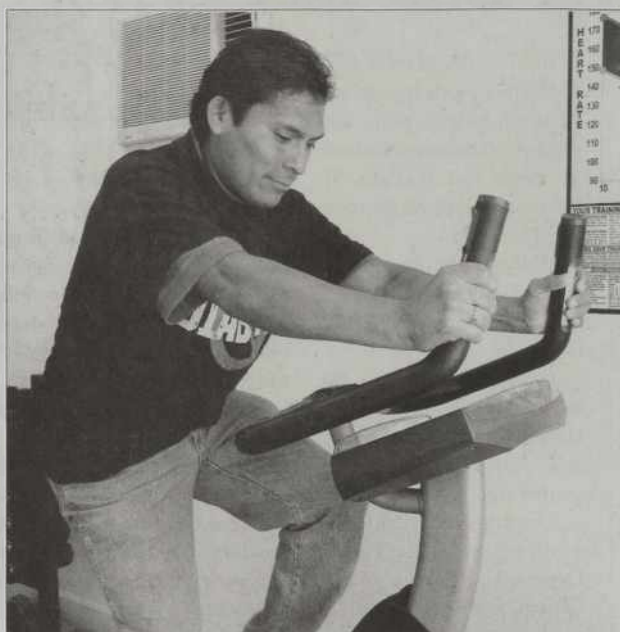
Diabetes Program Coordinator Jennie Smith said they felt it would benefit their participants to have a space dedicated only to them.

That will benefit those hoping to combat diabetes, she added.

The new building, Smith said, helps “to complete a dream that started about 15 years ago.”

Moving to a new facility has always been the plan, according to Montell Elliot, recruitment coordinator.

“It’s been in the works ever since the grant,” she explained, as the grant specified funds to either build a facility or re-



Leslie Mitts/Spilyay

Lifestyle Coach Edmund Francis works out in the new exercise room for the Diabetes Program.

model an already existing structure.

The new building has obvious benefits, Elliot added.

“We don’t have to share a lot of space,” she said. “We can have our participants exercise in peace.”

Plus, she said, the new building allows the program to be more private and more confidential.

The Diabetes Program is currently conducting two classes with about 10 participants.

Three full-time and five part-time staff members work with the Diabetes Program

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.

Staff members often recruit for the program at most public events.

The new Diabetes Program office is located at 1142 Warm Springs Street, across from the Presbyterian Church and next to the Family Resource Center.

Little League meeting

There will be a meeting of the Jefferson County Little League Board starting at 6 p.m. on Monday, Nov. 19.

The meeting will be held in the Rodriguez Annex by

the Library in Madras.

All are welcome to attend this meeting, and bring their ideas for the upcoming season.

‘Journey thru Grief’ seminar next week at community center

Warm Springs Community Counseling Center will host a seminar, “Journey thru Grief,” on Wednesday, Nov. 14 at the Community Center. The seminar is from 8 a.m. to 3 p.m. The agenda is as follows:

8-8:45 a.m.: Registration and continental breakfast.
9 a.m.: Invocation.
9:15 a.m.: “Tear Soup” video.

9:45 a.m.: Discussion.
10:30 a.m.: Break.
10:45 a.m.: Losses and trauma.
11 a.m.: Sharing time.
12: Lunch.
1:15 p.m.: “STARS.”
1:45 p.m.: Memory Rocks – paint project.
2:45 p.m.: Closing prayer.

Fundraisers to help student travel to Europe

Donovan Arquette, the grandson of Tom and Jeanine Kalama of Warm Springs, was selected to be a People to People Student Ambassador on a trip to France, Italy, and Malta for the summer of 2008.

The 20-day exchange will consist of meeting with government officials, interaction with other students, educational activities and home stays with host families.

To cover the cost of tuition, which is nearly \$6,000, Arquette is conducting various fundraisers.

A mini-raffle will be held on Nov. 21.

Shirley Jones donated a cedar hat, Jeanine Kalama donated buckskin chaps and a ribbon shirt; Marvin and Donovan Arquette donated a hand drum; Bea Aleck donated a ribbon shirt; Betty Gould donated a pair of moccasins; Brandon and Shadow Arquette donated \$25; Aletha Price donated \$50; Adrienne Wilson donated a surprise; Tanish John donated \$12.50; Paula Pinkham and family donated kids beaded moccasins; Glen Smith, Chips and Tim Kalama donated two cords of wood; and Christine Arquette donated two baby boards, a jingle dress, and two girls fancy outfits.

Tom Kalama said his 12-year-



Donovan Arquette

old grandson is in the 7th grade and plays football. A teacher nominated him for the ambassador program.

The program will also allow Arquette to earn high school credits. Kalama said they plan to conduct ongoing fundraisers until next July.

For more information, call Jeanine at 553-3018 or 325-1647.

VocRehab office is closed this week

The Warm Springs Vocational Rehabilitation office will be closed this Thursday and Friday, Nov. 8-9.

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