

Groups cooperate for diabetes prevention

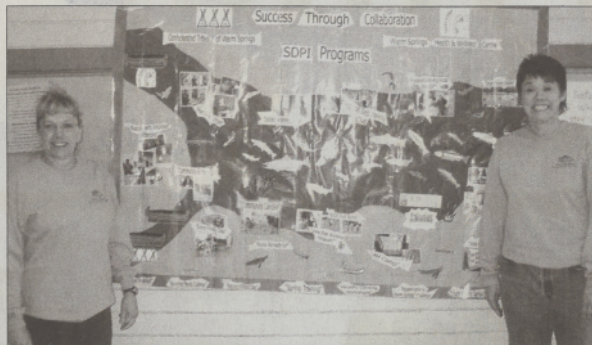
By Leslie Mitts
Spilyay Tymoo

Collaboration between two local programs became a topic of discussion at an East Coast conference recently. Both programs are recipients of funds from the Special Diabetes Program for Indians Grants.

Representatives from the Warm Springs Diabetes Prevention Program and the Community Wellness Program travelled to a conference in Washington D.C. to highlight how collaboration between the two programs has benefited the Warm Springs community.

Marge Koepping, Montell Elliot, and Edmund Francis from the Diabetes Prevention Program, and Carolyn Harvey of Community Wellness teamed up to present a poster displaying their collaborative efforts.

The group travelled to Washington D.C. for four days to at-



Leslie Mitts/Spilyay

Carolyn Harvey (left) and Montell Elliot presented the poster display at the conference in Washington, D.C. along with Marge Koepping and Edmund Francis (not pictured).

tend the SDPI Community-Directed and Demonstration Projects Grantee Conference and Tribal Leaders Diabetes Committee (TLDC) Meeting.

The conference gave the Tribal Leaders Diabetes Committee a chance to interact with grant recipients and for grantee programs (like the local Diabetes Prevention Program) to showcase their work and meet

with representatives as well as Indian Health Services senior staff.

In addition, Robert McSwain, director of Indian Health Services, attended several of the meetings.

The local programs created a poster based on their collaborative efforts. They, along with other programs throughout the nation, presented their poster to

the Tribal Leaders Diabetes Committee during the event.

"Our purpose in going was to share with the Tribal Leaders Diabetes Committee the progress that we've made," Koepping said.

"We went to show how our program wouldn't work if we did not collaborate," Harvey added.

The programs work together on programs like the annual Biggest Loser Competition and the water fitness classes at Kah-Nee-Ta as well as community events like the Pi-Ume-Sha health fair.

Events like the fun runs at Early Childhood Education or efforts to maintain the community garden are also areas where the programs collaborate.

In some ways the collaboration is financial, but in others it involves the work of employees with the programs—for instance, Harvey works as one of the lead lifestyle coaches for the

Diabetes Prevention Program.

Before the programs began collaborating, Elliot said, only one or two people were conducting certain events or programs. "Now it's a lot easier," she said.

The group didn't even realize all of the ways they work together until they began making their poster, Elliot added.

This was the first time staff has met with the Tribal Leaders Diabetes Committee, Koepping said.

During their trip the group had an opportunity to visit the National Museum of American Indians, as well as attend a press event for the release of curriculum to teach K-12 student about diabetes.

Francis also participated in a walk in honor of World Diabetes Day on November 14.

The group displayed their poster at the monthly walk for diabetes during November.

Starlight Feast at museum

The Museum At Warm Springs will host the Starlight Feast on Friday, Dec. 12 at the museum.

Kids can visit with Santa from 4 to 5:30 p.m.

Hors d'oeuvres will be served, followed by a home cooked meal.

The banquet style dinner, starting at 5:30 p.m., will include beef stew, biscuits, salads, desserts, hot spiced cider and coffee.

Cost for adults is \$15; senior citizens 60 and older, \$10; and children (5-17), \$5.

For more information, call the the museum at 553-3331.

Winter craft night at gym

The Warm Springs Elementary School will host the Winter Family Craft Night from 5:30-7 p.m. on Thursday, Dec. 18. The craft night will be in the elementary school gym.

Tables will be set up with craft materials, and the event will be free to the Warm Springs community. Assistance will be provided to

make Christmas ornaments and decorations.

The elementary school is seeking donations of \$1 that will be used to purchase craft materials, cookies, frosting and other necessary items.

If you have questions, please call the school at 553-1128 and speak with Ellen Ames or Lucinda Heath.

Finances workshop for college students

Students who are planning to attend college are invited to attend a workshop covering financial aid and scholarship opportunities.

The workshop is at 6 p.m. on Tuesday, Dec. 16 in the GED room on the top floor of the Education building.

The workshop will be presented by Shannon Turner, student and community outreach coordinator of the Central Oregon Community College Redmond Campus.

For more information, please call Higher Education at 553-3311.

Notice to tribal members

The Confederated Tribes has a limited number of computer systems that will be made available to middle school, high school and college students that do not have a computer at home.

These computers will be at no charge on a first come-first serve

basis.

A limited number will also be available to senior citizens. System includes PC, monitor, keyboard and mouse. PCs are nine years old and have been erased and re-imaged.

Contact tribal Property at 553-3295.

Christmas stocking raffle

Four-feet by three-feet Christmas stockings!

Tickets are \$1 each or six for \$5. (Need not be present to win.) Drawing will be December 24, 2008. See the following to get your tickets: Rita Squiemphen, Ina Schuster or Val Squiemphen.

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