

# Avoid diabetes through healthy changes

By Laneya Smith  
W.S. Diabetes Program

Tribal member Margie Tuckta is a participant in the Indian Health Services Special Diabetes Program for Indians Diabetes Prevention Program.

She completed the program's core curriculum and is now promoted into living a healthy lifestyle, balancing her eating and exercise habits.

Before joining the program Margie found motivation in her realization of the high number of Indian people who live with diabetes, and what this means for their families.

In discussing her future, Tuckta determined that she wanted to be a self-sufficient family member, healthy in regards to her overall health status, which included preventing diabetes.

She also wanted a good quality of life for her family, children and grandchildren, and realized that could only come as a result of her own health.

Some of the key tools she learned from the program include:

- Identifying nutritious and meaningful foods.
- Drinking adequate amounts of water.
- Being conscientious about the number of servings she eats at meal-time.
- Finding time to exercise, no matter how limited. One trick is walking back and forth in the grocery store for each item and taking longer walking routes for day to day activities.
- Maintaining a strong support system.

Through her lifestyle balance, she has found that her children and family members are becoming fond of her healthier choices,



Diabetes Program participant Margie Tuckta.

*The program is designed to prevent the onset of type-2 diabetes, the more common type of diabetes in Indian Country.*

herself back on track. Since joining the program she has appreciated the lifestyle coaching.

Margie reports that her coach is very understanding and supportive by checking in with her and providing added educational information to keep her involved even though she was experiencing some difficulty.

"The coaching is my favorite part about the program," Margie says. "The information and encouragement is very helpful. My coach is a friend and continues to call and check in with me. My Health is as important to her as it is to me."

She notes that she is still followed up with by her coach on a one-on-one basis.

As a result of being in the Diabetes Prevention Program, Margie's successes include decreased blood sugar levels, added weight loss, improved eating habits and balancing exercise into her lifestyle.

Her advice is to "think about your risks of becoming diabetic. What are your chances and how will it affect you and those

around you. Watch your sugar intake levels and join the program if you think you may need to. Nutrition and exercise affect many health issues in our lives not just diabetes. Eat healthy, walk strong."

The Diabetes Prevention Program offers a 16-week curriculum on healthy lifestyle balancing of your nutrition and activity levels.

The program is designed to prevent the onset of type-2 diabetes, which is the more common type of diabetes in Indian Country.

The program consists of the class, support given by a lifestyle coach and various activities planned throughout the year to help you maintain your lifestyle changes.

Call the Diabetes Prevention Program office if you are interested or have any questions at 541-553-1070.

Special thanks and congratulations to Margie!

# Biomass: 30 new jobs

(Continued from page 1)

"Some of the project features that we're looking at here include upgrading highway 26 intersection and a new access road off of BIA road 3. Construction would include a power island building, exhaust stack, evaporation ponds, cooling tower, service/fire water tank, a water supply line, and a transmission line that would go up and over the hill into Warm Springs."

The project is a \$100 million investment which will bring family wage jobs, Magnall said.

At the height of construction, there could be more than 300 jobs.

In order to keep the plan operating, the facility would employ 30 people full-time.

There would also be 70 jobs in fuel collection and transportation. And there

would be 90 or more indirect jobs from services, supplies, spending.

"That's a \$500 million total impact over 20 years."

Tribal members were concerned about the disposal of ash.

"There would be two trucks a day," Magnall said. "Each truck would weigh 25 tons. The ash gets mixed with water, so there's less of it in the air."

"We've heard all of this before," Milton Sahme said. "I'm a drummer at this longhouse, and we include water in our worship. You're going to leave us sick when you leave."

All individuals attending the meetings were asked to submit their concerns. Those concerns would be addressed in the reviews of the projects.

Jefferson County

## Republicans' Night Out

Saturday, May 7, 6:00 p.m.



The Inn at Cross Keys Station

66 NE Cedar Street  
Madras, Oregon 97741



Allen Alley Keynote Speaker

Chairman, Oregon Republican Party  
Oregon Business Leader

John Huffman

Oregon State Representative, District 59  
Master of Ceremony

Invited Guests Include: Congressman GREG WALDEN and State Senator TED FERRIOLI

Dinner choices: Prime Rib or Salmon

Catered by the famous Madras Black Bear  
TICKETS \$30 PER PERSON, Limited Seating

Questions, please contact:

- Phyllis Langsev at [phyllis@bendbroadband.com](mailto:phyllis@bendbroadband.com); 541-546-9008
- Bonnie Buckles at [buckleshome@juno.com](mailto:buckleshome@juno.com); 541-546-9259
- Maurice Langsev at [maurice@bendbroadband.com](mailto:maurice@bendbroadband.com); 503 806-4830



Evening Includes, LIVE AUCTION and Raffle for a Ruger 10/22 Sporter

Raffle Tickets: Contact Tom Townsend at [steelhorses@yahoo.com](mailto:steelhorses@yahoo.com) or 510-468-0863

Raffle Tickets: \$2 each/ 6 for \$10 (Retail value \$366.)

Eric Jordan and Tom Hampson from ONABEN are just some of the W.S. Community Action Team partners who make it possible to have small business classes here in Warm Springs. Other organizations like Neighborhood Partnership, OWEESTA, OSU Extension, Mt. View Hospital, AARP Tax Aide, and more were available at the Community Center to answer question and share their expertise. If you have questions about services available from the Warm Springs Community Action Team call 541-553-3148.



Yvonne Iverson/Spilyay

## Earl Victor Spino -Niktaway

May 15, 1978 - February 6, 2010



Memorial/Rejoining  
May 7, 2011  
9 a.m. - Wapato Longhouse

Contact information:  
Nadine Ike 509-307-4395  
Bernard Ike 509-594-5275

Stone Setting - July 4, 2011  
Pendleton

## Diabetes education topics for 2011

Diabetes prevention specialists have scheduled dinner meetings for 2011.

The meetings will be at the Warm Springs Senior Center from 5-6:30 p.m. on the third Tuesdays of each month.

No meetings scheduled in February and December, though the Heart Smart Dinner will be on Feb. 15.

Dinner is served along with good information and the opportunity to talk with others who are managing their diabetes or caring for diabetic family members.

Here is the schedule of speakers and topics for this year's diabetes awareness and support group dinner and education meetings:

May 17: Jeri Kollen: "Kidney, heart and liver affected by diabetes."

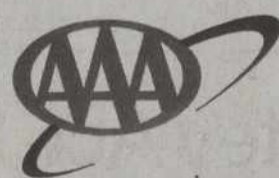
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