

Diabetes Prevention Profile

Pre-diabetes diagnosis brings lifestyle change

By **MayAnne Mitchell**
Diabetes Prevention Program

Imagine going in for your next doctor's visit and the doctor explains to you that you have been diagnosed with pre-diabetes. How would you react? What thoughts would be running through your mind?

You may begin to think of questions you might ask your doctor like, What do I need to do to prevent diabetes? How do I start the process? Is there a place that will assist me in getting the help I need?

It's a difficult situation to be in but there is still time to prevent or at least delay the onset of diabetes.

The Diabetes Prevention Program (DPP) is devoted to helping clients such as those described above in getting the help they need in order to prevent or delay the onset of Type 2 Diabetes.

In order to be a participant in our program one of the conditions is that you need to be diagnosed with pre-diabetes. A pre-diabetic diagnosis means a person has higher than normal glucose (blood sugar) levels and is at a higher risk of developing diabetes.

Healthy strategy

Almost two years ago, Shirley Heath was asked to join our program.

She had been diagnosed with pre-diabetes and her coach, Winona Stwyer, talked her into taking our 16-week course curriculum. "She's a really good coach," Shirley says.

Shirley was concerned that she would only be able to meet every so often and didn't know if she could attend all the



Shirley Heath

classes. Ms. Stwyer encouraged her by letting her know the program does provide make-up sessions.

Many community members may remember Shirley as a teacher's assistant from Warm Springs Elementary, where she began working in the late 1960s.

As well as being a teacher's assistant, she helped teach the Indian language to students at the elementary school and also worked as a liaison for the school.

After her time working at the school, she began working in the horse business at Kah-Nee-Ta, where she worked for about 11 years.

Now, her main focus is being there for her husband. They both do a lot of traveling throughout the Northwest.

She drives him to different places throughout Oregon, Washington, Idaho and California. She also enjoys sewing in her spare time.

Shirley likes to spend her extra time sewing things she hasn't made before, such as tote bags and backpacks.

Currently, her biggest challenge is trying to finish a

Pendleton coat. She takes pleasure in teaching her children, grandchildren and other community members how to make wing dresses, and would also like to start teaching how to make ribbon shirts.

On top of all the things she likes to do, she has to remind herself that she needs to stay healthy in order to keep enjoying all these wonderful things.

After she was diagnosed with pre-diabetes, she says she really had to straighten up and start taking note of her eating habits.

Through the Diabetes Prevention Program, she has learned to check the labels and the fat content of products she buys at the grocery store.

It became a challenge for Shirley to keep track of the things she ate when first joining the program, especially when she would go on travel with her husband.

But being able to share the information she learned from the program with her family and her great grandchildren keeping on her about the foods she ate really helped her get through those tough times.

After completing the program, she faced yet another barrier when trying to keep fit. She had to go through surgery. Surgery has delayed her from doing as much as she would like to do.

But she continues to stick to her healthy lifestyle changes by maintaining the strategies she learned in the class.

Shirley's favorite part of the program was the classes. There, she learned to eat healthier foods, use her calorie book, and learned new information from different speakers. All the information that was provided gave her new insight on the things she

"We sat and joked with each other, and people would laugh and confess about the things they were eating."

didn't already know about her everyday life.

She laughs as she says, "It was good to sit down all together and everyone share their input. We sat and joked with each other, and people would laugh and confess about the things they were eating."

Being able to share and visit with others was very rewarding for her.

She continues to implement her healthy lifestyle changes by walking, doing chair exercises, and riding the stationary bike when she can. She uses her *tukwasb* (walking stick) while she goes on her walks and tries to get at least three miles in.

At times she gets to enjoy the company of her grandkids while going on a walk. She also tries to attend water aerobics at Kah-Nee-Ta when she can.

Her advice to the community would be to "eat healthy, do a lot of exercise, (if you don't have access to equipment) do a lot of walking, and drink plenty of water."

You are the only person who can make the decision to start a healthier lifestyle for yourself.

The Diabetes Prevention Program is here to assist you in getting you on your way to making vast improvements for a healthier life. If you have any questions about our program or would like to contact us about more information, please give us a call at (541) 553-7718.

Births

Marie Leona
Matilda Annette

Andrew Wahchumwah and Evelyn Polk of Warm Springs are pleased to announce the birth of their daughter Marie Leona Matilda Annette, born on October 30, 2011.

Marie joins brother Sterlin, 3.

Grandparent on the father's side is Eliza Wahchumwah of The Dalles.

Grandparents on the mother's side are Annette H. Polk of Warm Springs, and Dixon Polk Sr., of Wapato.

Martie Lee VanPelt

Charles R. VanPelt and Martie W. VanPelt of Warm Springs are pleased to announce the birth of their daughter Martie Lee VanPelt, born on October 30, 2011.

Martie joins brother William.

Grandparents on the father's side are Winona George and Merle George, of Warm Springs, and the late Wayne VanPelt.

Grandparents on the mother's side are Martie Kaye Taylor, Gregory Granillo Jr., and Bernie Miller.

Emmanuel Nickolas Plouffe-
Hinojosa

Javier Hinojosa and Debra Plouffe of Warm Springs are pleased to announce the birth of their son Emmanuel Nickolas Plouffe-Hinojosa, born on October 30, 2011.

Emmanuel joins yaya Perry, and nana's Alexandra, Javiera, Colleen, Shanell, Dorian and Shardee.

Grandparents on the father's side are Carmella Cuella-Hinojosa and Alfonso Hinojosa.

Grandparents on the mother's side are the late Doris Hart, and great grandparents Ernest and Francis Hunt.

Lewis Thomas Henry

Reuben A. Henry Jr. and Reanna J. Charley of Warm Springs are pleased to announce the birth of their son Lewis Thomas Henry, born on November 15, 2011.

Lewis joins sister Shantelle Henry, 7.

Grandparents on the father's side are Reuben A. Henry and Georgianna George.

Grandparents on the mother's side are Keith Charley Sr. and Marvena Thompson.

Sharmiah Mariel
Kate Brisbois

Vance A. Brisbois and Jaycelene Frank of Warm Springs are pleased to announce the birth of their daughter Sharmiah Mariel Kate Brisbois, born on November 5, 2011.

Grandparents on the father's side are Melvin Brisbois of Warm Springs, and Marietta Grunlose of Vancouver, Wash.

Grandparents on the mother's side are Yahteen Frank and Sheila Spino of Warm Springs.

Receiving Indian Names ~ Lola Dick ~ Celeste White

— December 3, 2011 ~ 9 a.m. ~ Agency Longhouse —
With Washut Services (drummers needed) ~ Meal provided
Contact Carol Dick 541-460-2925, or Edna Campuzano 541-4601755

509-J Schools in Action!

www.jcsd.k12.or.us

JCSD Students Honored at NIEA Conference

Jefferson County School District recently sponsored six youth and four staff members to attend the 42nd Annual National Indian Education Association Conference in Albuquerque, New Mexico. The conference theme was "Building Alliances to Strengthen Native American Education Values within Public and Private School Systems Throughout the United States."

"We're proud of our students for their initiative and participation," said Rick Molitor, JCSD superintendent. "It was a great learning and cultural experience for all of us. Our students were truly ambassadors for our school district and our community."

Student Participation

Youth leaders were chosen based on their written performance through an application process. Five Madras High School students and one Jefferson County Middle School student took part in Youth Day activities to foster leadership, teamwork, and speaking skills. Stu-

dents were honored at a special luncheon and they also participated in "Culture Night" and attended the annual NIEA Pow Wow.

MHS Teacher Becky Dudney, MHS Liaison Foster Kalama, MHS/Warm Springs Annexes/Title 7/Indian Education Director Gary Carlton and Superintendent Rick Molitor attended various workshops ranging from "Creating Indigenous Dialogue in Schools" to "Motivating Young People: Giving them Tools to Change their Lives Forever."

"The biggest highlight for our group was bringing home the silver and bronze awards from the American Indian Graduate Center," said Dudney. "This was no easy task for our young people. Students had to prepare speeches and adhere to rigorous standards."

The JCSD509-J students presented their beliefs about creating alliances between the Tribes and the public school districts in ways that allow students to earn credits toward graduation and perhaps to articulate to local colleges by offering courses that are culturally relevant to our region.

"All in all, Oregon brought it home and beat out all National competition," added Dudney. "If you see these students, please let them know how proud you are of them for stepping out and being leaders in our community."

Contributing write/photographer Becky Dudney



Three winners of the Oratory Competition, all from Oregon.

Facilities Committee Members Needed

The School Board for Jefferson Co. School District 509-J is seeking persons interested in joining a Board Committee to consider the current school facility needs of the School District and to discuss the potential for meeting the cost. Interested persons, including former members of the Facilities Planning Committee, are invited to submit a letter of interest by 5 p.m. on Nov. 28 to Superintendent Rick Molitor at the School Support Services Building, 445 SE Buff St., Madras, OR 97741 or e-mail at rmolitor@509j.net.

NIEA National Oratory Competition

1ST PLACE
Alyssa Bahe, High School Student
Portland Public Schools
2ND PLACE
Leanne Lucero-Smith, MHS Senior
3RD PLACE
Keeyana Yellowman,
JCMS 8th Grade Student

JCMS Students of the Month

6th Grade

Shaelynn Downing - *Social Studies*
Jayme Pack - *Social Studies*
Mariah Taylor - *Math*
Kayleen Gregg - *Language Arts*
Gabriella Armitage - *PE*
Abigail Evan - *Language Arts/Social Studies/Math Science*

7th Grade

Vanessa Aguirre - *Language Arts*
Azarias Obed Eriza - *Respect*
Omar Dominguez - *Science*
Bryttaney Brisboe - *Reading*
Vanessa Aguirre - *PE*
Josh Hocker - *PE*
Ignacio Ponce - *Language Arts*

8th Grade

Maya Hoaglin - *Social Studies*
Maddie Molitor - *Language Arts*
Callista Smith - *Reading*
Rhett Webb - *Math*
Juan Diaz Olivera - *PE*
Chris Banda Smith - *PE*
Jacob Rudd - *Science*
Skyla Booren - *Math*
Kimberly Alonso Flores - *Math*
Stacey Alvarez - *Language Arts*

Calendar

11/21	No School Parent Conference Day
11/22	No School Parent Conference Day
11/23-25	No School Thanksgiving Holiday
12/13	JCMS Band Concert (large gym)

*Each school has their own parent conference schedule. Please contact your child's school for details. We hope to see you there.