

Diabetes Prevention Profile

Program provides life-changing lessons

The Diabetes Prevention Program spotlight interview this month is with Urbana Manion.

"I was concerned about diabetes in general," Urbana was saying recently. "And I was advised to check out the pre-diabetes program."

She added, "After checking my scores—finger-stick test and the A1C test—an invitation was extended to participate in the Diabetes Prevention program. My scores were a motivating factor, because I want to be healthy."

Knowing what your scores mean is important, Urbana says.

"I did not know or understand what my scores meant until I began the classes and individual coaching by the program staff," she says.

"The end result attained in the Diabetes Prevention program for me was to be knowledgeable and proactive about my health in order to live a healthier life."

Urbana explains, "First of all, I didn't know anything about diabetes including what it meant to be 'pre' or 'full' diabetic—I didn't know anything about blood sugars and triglycerides."

Even though you might feel alright, it is important to know your numbers, relative to pre-diabetes and diabetes.

As Urbana says, "I asked the question: 'What does it mean to be pre-diabetic.' The point is, it is important to remain in a learning mode all your life. You can prevent diabetes—it is preventable!"

At a minimum you can at least prevent or delay the onset of Type II diabetes.

Personal challenges for



Urbana Manion

Urbana in the program included time constraints, whereas, Urbana was still able to manage to come to the 16 classes.

Other challenges she faced were learning to change eating habits, limiting sugar, and reading labels.

Urbana said, "Sugar is a killer, and it seems as though everything has sugar in it."

That is why it is important to read the labels. The Diabetes Prevention Program has the information to help you become more aware of foods and what they contain.

Urbana is convinced. "When I eat something now, the food still tastes good even though it has less sugar, because my taste buds have adjusted to eating less sugar."

Many lessons learned by Urbana in the program include:

- When grocery shopping: Reading food labels
- When grocery shopping: Look for foods that say "light"
- In general: Look for foods that contain little or no sugar
- In general: Look for foods that have little or no fat
- Get up and move—even something as simple as moving and tapping your fingers
- Get more green vegetables

(the brighter the color of foods – the more benefit).

Of the Prevention, Urbana says, "The information and education in the 16 classes with the DPP staff are valuable. The staff is consistent and supportive. My coach Montell was excellent, as was the educator in the course, Ron Berry. Ron is dynamic! He motivated me, because of his pure passion for preventing diabetes, to be 'mindful' relative to eating and lifestyle."

And this advice: "The older you get, the harder it is to change habits. But it can be done."

"Our people have to start eating better and living healthier lifestyles," she says.

"Stress is also a factor to consider. If we don't eat right, we will get sick. Be aware of what you are eating, if you can't change what you are eating, then eat less of it!"

"Remember your children are watching what you eat, and they will eat what you eat. A person should limit their fruits—apples or grapes—as you don't want your blood sugars to be high.

"Learn to limit what you eat and portion control. The main thing is to be open to change—positive change will mean a healthier life for the years you do live. Individually, we have a big role in how our lives go in terms of our health. Change is hard, but don't beat yourself up, if you go three steps forward and one step back. You have not failed, just keep moving forward and learning!"

Thank you Urbana on behalf of all of the Diabetes Prevention staff!

Dedication makes Culture Classes' success

By Leona Ike

Director, Parole and Probation

Parole and Probation and the Language Program had four scheduled Culture Classes for the 2011:

Class one: February 28 to April 20;

Class two: May 2 to June 22;

Class three: July 5 to August 24; and,

Class four: September 12 to November 1.

The third class was cancelled due to teacher burnout and preparation for the immersion class for the pre-school students.

The fourth class was reduced to Wasco and Piateu classes due to Ishishkiin teachers involvement with the pre-school immersion class.

situation and Bylaws, language books, and documents regarding our Cultural and Traditional teaching for Historical Trauma, Feasts, Ceremonies (name giving/sweathouse/first foods), Baby Boards, Cleansing, Gathering Foods, Funeral, Burial, Good Spirits, Recovery, Traditional Responsibility, Longhouse Etiquette, Tribal Regalia, History of Beadwork, Give-aways, Seasons, Laws, Inherited Responsibilities and other tribal documents.

Culture Class is an alternative sentence program and is open for the public to partici-

pate—it was tribal practice whenever a person was in crisis, our tribe would surround that person and offer support to guide him or her to be a positive part of our community.

Our cultural and traditional teaching would strengthen a person's spirit and would assist a person to heal a troubled spirit to live in harmony with their families and community.

Our Indian language was our link to the Creator, to ensure our prayers are heard and received to guide us in life.

The 2012 series is expected to begin the first week in March.

Birth

Thea Earline Dickson

Curtiss Dickson and Suzie Charley of Warm Springs are pleased to announce the birth of their daughter Thea Earline Dickson, born January 4, 2012.

Thea joins brother Dwayne

Orlando Charley, 6.

Grandparents on the father's side are Thelma Mae Dickson and Perry Kalama.

Grandparents on the mother's side are Alveda Charley and Earl Charley.

Class one

There were 24 sessions scheduled, 16 were cancelled due to funerals. Eight classes were conducted with 106 participants.

Class two

There were 24 sessions scheduled, six were cancelled due to funerals. Eighteen classes were conducted with 185 participants.

Class four

There were 16 sessions scheduled, six were cancelled due to funeral, a power outage, and Halloween. Ten classes were conducted with 95 participants.

Total Participants: 386.

Total Classes: 64

The language teachers were Pam Cardenas and JoAnn Smith (Wasco/Kiksht); Shirley Tufti and Gerald Danzuka (Piaute/Numu); Arlita Rhoan and Dallas Winishut (Warm Springs/Ishishkiin).

The Language Program and staff provided snacks and language books to the students.

The dedication and consistency of the language teachers and the Culture and Heritage staff is a contributing factor in the success of this program.

Parole and Probation provided all participants with a binder, a tribal history book that contained the 1855 Treaty, Con-



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Letters to the Editor

Heath family

First of all I would like to give out a big Thank You to those who helped me and my sister get up to the hospital to visit our Dad before he passed—Social Services, Howie, Guy, Nola, Bullneck and Shirley, and other mother Alice.

Also, thank you to everyone who was present and helped out at our home services, and to the Charley's for their Shaker Services.

Next, we also want to thank Daisy Ike and daughters for agreeing to make the outfit for him. Thanks to those people who donated food, you know who you are! Also for the meals that the cooks and helpers made for us.

Thanks to Fred Wallulatum for being the bell-ringer, and to all the men who stayed to drum for all the services (there are too many to name but you know who you are).

And thanks to the Human Resources Department staff who also had a small service held at the office. Our family really appreciated the help that we needed during this difficult time. So once again, thank to everyone, and we apologize for this being so late! Thank you for your time.

The Benson Heath family, Violet and Julia Heath.

From Big Brothers Big Sisters

Long-standing independent studies widely quoted by mentoring advocates and programs find children enrolled in Big Brothers Big Sisters' long-term mentoring programs are more likely than their peers to earn higher grades and are less likely to skip classes and school days, factors linked to high school graduation.

Not surprisingly, the same studies find children in these long-term quality mentoring programs are also more likely than their peers to avoid violent and unhealthy behaviors and more likely to have positive relationships with their parents and others.

This month, we celebrate the Eleventh Anniversary of National Mentoring Month.

As we mark these milestones, Big Brothers Big Sisters of Central Oregon this month is urging adults to "Start Something" to help

kids succeed in and out of school.

By going to: www.bbbsco.org you can pledge to do what works for you – from donating to sharing stories about what quality mentoring achieves, to volunteering – to help children beat the odds.

Big Brothers Big Sisters believes we can all Start Something to make our nation stronger by supporting families, schools and communities to get kids on the right track. It doesn't take much – just a simple pledge.

What better time than now to Start Something? For more information on how you can help, call or click www.bbbsco.org.

Nancy Diaz, Jefferson County program coordinator, Big Brothers Big Sisters of Central Oregon, 541-325-5603. Or email: nancy.l.dodge-diaz@state.or.us



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