

Diabetes Prevention

Better life through diabetes prevention

Warm Springs Diabetes Prevention Program

The Warm Springs Diabetes Prevention Program implements diabetes interventions, significantly improving clinical outcomes for tribal members.

Our mission here at the Warm Springs Diabetes Prevention Program is to empower individuals at high risk for developing type-2 diabetes.

We focus on life-style change through education and physical activity, and partnering with the community.

Success story

Frank Smith of Warm Springs joined the Diabetes Prevention Program in January of 2012.

Since then, Frank has successfully prevented Type-2 Diabetes by losing 11 pounds, working out and making healthy food choices.

When Frank was asked

what motivated him to join the DP program, he commented:

"After I retired in September of 2011 I had a physical at the clinic. I found out I had high blood sugar and fat in my blood (high cholesterol)."

He adds, "Reneva Dowty and Dr. Creelman referred me to see the nutritionist Linda Porter. Linda recommended the Diabetes Prevention program.

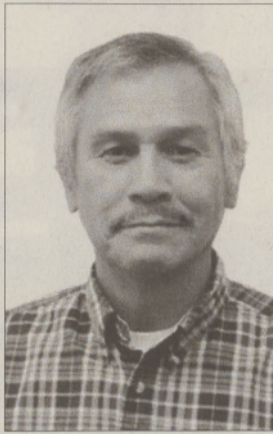
"I didn't want to become diabetic, if there was something I could do about it. Both of my parents were diabetic."

For health reasons, Frank says, "I enrolled in the DP program."

Some things that Frank learned while taking the DPP classes were:

Portion sizes (the amount of food you eat); and how to read labels for sugar, fat and cholesterol content.

He states that his challenges while in the program were:



Frank Smith

Getting control of his blood sugar and cholesterol, losing the weight (11 pounds) and exercising three to five times a week.

Healthy changes

In the past year Frank has made some healthy changes.

He quit drinking soda pop, stopped eating candy, choosing also to stay away from most fried foods. And he made small, achievable goals.

He says that "by attend-

ing the 16-week Lifestyle Change Program I got my body weight logged each week. I kept track of everything I ate and drank, and got in the habit of keeping track of how much exercise I did.

"I enjoyed all phases of the program. The weekly coaching during the classes, and the incentives were my favorite part."

Frank plans on continuing his success by staying in the DPP program, and making goals for his physical activity and eating habits.

When asked what his advice for the community would be he says:

"When I attend our community meetings with Tribal Council, I hear our people say that our youth are our priority. If we truly want to be examples for our youth, we can start by being good examples for them by preventing diabetes and staying physically fit. I believe in prevention at all stages, so do not give up!"

Indian Head Casino

— Employee of the Month —

Shawna Wilson

Indian Head Casino chose Shawna Wilson as the June 2013 Employee of the Month.

Shawna is a great Slot Keyperson at Indian Head.

Congratulations, Shawna



Letter

A Success

Recently, I attended a public General Council meeting in Simnasho. I was quite impressed with the eye-opening experience of witnessing "Facts"; and the great leadership of Tribal Council Chairman Austin Greene. There was structure of order and keeping focus on accountability and responsible roles of performance.

I heard reports from tribal member leadership, working for the Tribes and enterprises. I welcomed their success to the Tribes, which is what our young people need to hear. Encouragement is a foundation for their confidence and success. Our elders have done a great job on being that foundation.

Team work of community members and employees will always provide excellent results of success for the Tribes—to be a contributor to positive development in the Warm Springs community and reservation. People will grow strong with embracing with encouragement.

Indian people often refer back to the hostile repercussions by the Government, but we cannot remain there. We cannot go down that path repeatedly, it doesn't

work progressively for the Indian people.

I have heard concerns about tribal membership hiring resolutions, policy and procedural practices. I did hear numbers of Tribal Member Employment, and I did see actual persons giving reports in leadership positions (tribal members).

"Strong encouragement to our Indian People does have its benefits."

People did ask quality questions of accountability, and kept the focus of a business meeting in a business-like manner, practicing integrity. The tribes have always had great leadership of tribal members with quality character and skill, from Tribal Council to Traditional Longhouse to Tribal Enterprises, "putting gloves on to mold and contribute to the community we share today."

Teamwork teaches people to share success. There is nobody that stands alone to achieve huge complex goals. It takes many challenging people with excellent ideas to succeed with results.

People, we have it all right here in Warm Springs. Successful Achievements is still in our hand.

Respectfully submitted,
Priscilla Frank

Pi-Ume-Sha Rodeo Action



Courtesy of Matt Hill

Pi-Ume-Sha weekend featured two days of rodeo action at the Warm Springs rodeo grounds. Results in the next Spilyay.

A thank you

I am writing to give our heartfelt thanks to all those involved with our Native First Foods Ceremony, held here at Coffee Creek Correctional Facility on May 4, 2013.

We were grateful for the food donated to this event, especially the salmon donation by the Warm Springs Tribes. The feast could not have taken place without your generosity. We also were gifted with roots (piaxi) and huckleberries.

The following also gave their support and made donations for this year's event:

CCCM Chaplain Al-Amin, Red Lodge—Trish Jordan, Tawna Sanchez and Rita, Alaskan elder with daughter and granddaughter. Cleona Burns, Veronica Manderjano, and giveaway

items.

Mabel Jackson family—meat donation. Sonya Foster—"Fry Bread Queen." Drummers and singers—Guy Wallulatum, Custer Wallulatum, Gene Sampson, Art McConnville, Rusty Butler (Siletz), Ed Edmo (Shoshone-Bannock).

Thank you to all those who participated in the dancing, all inmates that made cards, beaded items and other contributions to the giveaway. Thanks to all the ladies who helped prepare and serve the food.

We would also like to thank Alice Sampson and Guy Wallulatum for their inspiring and encouraging words. Your words meant a lot to many who attended. A big thanks to Ed Edmo for his wonderful stories.

Our ceremony turned out great and everybody had

fun being together for the day. It felt so good to hear our Washut songs and to be able to dance.

Also, a big thank you to Rusty for all his time and work to help us build our new sweat lodge in preparation for this ceremony.

We look forward to seeing all of you at next year's spring ceremony.

With all our respect,

Kathy Danzuka (Warm Springs) #13936453, 2449 SW Grahams Ferry Rd., Wilsonville 97070. Sharon Kirk (Klamath/Modoc), Tammie Felix (Warm Springs), Mary Danell Zosel-Sanderson (Siletz), Mary Greenwood (Blackfoot), Barbara Kinney (Choctaw), Eva Guzman (Yaqui), Clarice Rios (Warm Springs), Christina Burshia (Assiniboine), Latina Ortega, Melody

Margain (Chickasaw), Tamara Kennedy (Paiute/Grand Ronde), Lorita Looney (Klamath/Modoc), Cruzita Robles (Yaqui), and all other Native sisters here at CCCM.

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