

Diabetes Prevention Profile

Healthy changes become habits after 8 years

Saphronia Coochise joined the Diabetes Prevention Program for eight years.

Saphronia is the acting fiscal officer at Warm Springs Housing. She first joined Diabetes Prevention to learn about making healthier food choices for herself and her children. She wanted to make sure she was giving her kids a healthy start.

Saphronia learned about making small changes to the foods that she already enjoyed. For instance, she changed a few ingredients in her favorite dip and still had a good tasting food with lower fat and calories.

She also learned about healthier options like veggies instead of chips for snacks.

It took some time to get used to eating different. Her advice is to just keep trying new things.

Saphronia worked on changes in her activity level. She began with brief exercise and found activities she liked. Now she is committed. "Today it's like I have to work out," Saphronia says.

Over time, and with small



Saphronia Coochise

DPP photo.

changes, life has changed for Saphronia. Eating is not just a random event anymore, it is more planned and conscientious.

She makes sure to have a variety of veggies, protein,

and dairy. She can combine these foods for a wide variation of meals that taste great.

When she started with the Diabetes Prevention Program

Saphronia worked with her coach to set goals she could

reach. This approach kept her motivated.

Saphronia still works with her coach every other week, because she believes this is an important part of staying on track.

There are many other program elements that help her, such as keeping a food log, as well as an exercise journal. "That was huge," she says.

Bucks store

She still enjoys the Diabetes Prevention Program Bucks store. This is where participants earn bucks (like points) for attending classes and coaching sessions, achieving goals and more.

The bucks are added up in a register and then go toward purchases like the non-stick pan Saphronia bought recently.

In the store there are also exercise items like weights and DVDs, as well as clothing items and more. This helps her home budget and gives her the chance to try different things.

More recently, Saphronia has had success in personal-

ized workouts with Edmund Francis. This has resulted in more muscle tone.

Edmund is the Community Wellness Team Coordinator. He collaborates with the Diabetes Prevention Program often.

Though he no longer works for the Diabetes Prevention Program directly, Edmund continues to coach program participants and helps all community members to be more active with a wide variety of exercise programs and group classes.

Edmund's personal training was helpful and much appreciated by Saphronia, especially after her back surgery.

After the surgery last year it was like starting from scratch again. But she believes that she is even stronger now than before her surgery.

In closing, when asked what message she would give to the community regarding the prevention of diabetes, she said, "Remember the change is for you. You have to live with your body the rest of your life!"

Hearing on code changes

The tribal Justice Team will hold a public input meeting this Thursday, Dec. 12, on proposed changes to the tribal code.

Revisions are in regard to the driving under the influence code; and the sex offender code. Change is also proposed that would increase speeding the fine penalty.

The public input hearing on these proposed changes is set for 6-10 p.m., Dec. 12 at the Warm Springs Community Center Social Hall. *(Note, food and drink will not be provided.)*

Legal Aid Services of Oregon in Warm Springs the first Monday of every month. Call 541-385-6944 for appointment.

The next deadline to submit items for publication in the Spilyay is Thursday, Dec. 19, a day early because of the holiday. Thank you!

Warm Springs Community Calendar

Brought to you by KWSO 91.9 FM

Wednesday, Dec. 11

Today's **Fitness Activities** in Warm Springs:

- Walking/Low Impact Strength Training at the Family Resource Center at 10 a.m.

- Senior Fitness Class at the Senior Building at 10:45

- Functional Fitness Class at 12:10 at the Community Center, and

- Pilates-Yoga (PIYO) Class at 1:30 at the Community Center

Today is a **2-hour Early Release** day for all 509-J Schools. Madras High School students will be released at 1:10 and Warm Springs Elementary and JCMS at 1:30.

St. Charles Community Benefit is sponsoring **free recreation swims** for Jefferson County Students at the Madras Aquatic Center on Early Release Days from 1:30-3:30 p.m.

The Canoe Family will have a community **dinner and storytelling** at the agency longhouse. Activities will be held from 5-8 p.m.

Thursday, Dec. 12

Today's **Fitness Activities** in Warm Springs:

- Walking/Low Impact Strength Training at the Family Resource Center at 10 a.m.

- Functional Fitness Class at 12:10 at the Community Center

- Zumba in Pod A at IHS at 12:10 and,
- Kickboxing at 1:30 at the Community Center

Snack Attack - the afterschool food program at Warm Springs Recreation - is today at 3:45 in the social hall.

The **Justice Team** is having a meeting to gather community input on several agenda items: DUII Code, Sex Offender Code and Increase in Speeding Fines. The meeting is this evening from 6-10 p.m. in the community center social hall.

All Denomination **Prayer Services** are held every Thursday at 7 p.m. at the agency longhouse. Everyone is welcome.

All are welcome to attend **Social Dance Class** Thursday evenings from 5-7pm in the Community Center aerobics room.

Friday, Dec. 13

Today's **Fitness Activities** in Warm Springs:

- Walking/Low Impact Strength Training at the Family Resource Center at 10 a.m.

- Senior Fitness Class at the Senior Building at 10:45, and

- Functional Fitness Class at 12:10 at the Community Center

The Diabetes Prevention Program invites you today to take part in its **walk around the Veterans Path** at the Health and Wellness Center. Sign up at noon and walk 2 laps, get your blood sugar checked, and pick up your free t-shirt. Bottled Water will be provided.

The Jefferson County Library Community **Film Center** will show "The Bishop's Wife" this evening at 7:30 p.m. It is a 1947 film starring Cary Grant. Films are free and shown in the Rodriguez Annex behind the Library in Madras.

Saturday, Dec. 14

The Thirty-Eighth Annual Warm Springs **Christmas Bazaar** is today from 10 a.m. till 4 p.m. in the Community Center gym. For information call 553-3243.

This is the Earth2o **water delivery** day for Simnasho and Schoolie residents. Please set empty bottles outside.

The Madras Saturday Market's **Holiday Market** is on Saturday, December 14 from 9 a.m. to 4 p.m. at the Jefferson County Fairgrounds in Madras. There is still vendor space available for anyone with homemade or home grown items to sell. For more information, call Nancy at 541-546-6778.

Monday, Dec. 16

Today's **Fitness Activities** in Warm Springs:

- Walking/Low Impact Strength Training at the Family Resource Center at 10am

- Senior Fitness Class at the Senior Building at 10:45 and,

- Functional Fitness Class at 12:10 at the Community Center

The Native People's Circle of Hope Warm Springs **Cancer Support Group** meets on December 16th from 5-7pm

at the Education Building.

Voc Rehab in Warm Springs has orientations every Monday at 3 p.m. at their office in the industrial park. Orientations are also held on Tuesdays at 3pm at the Community Counseling Center.

Tuesday, Dec. 17

Today's **Fitness Activities** in Warm Springs:

- Walking/Low Impact Strength Training at the Family Resource Center at 10 a.m.

- Functional Fitness Class at 12:10 at the Community Center, and

- Kickboxing at 1:30 at the Community Center

Warm Springs Recreation has **Snack Attack**, an afterschool food program for school-age youth, every Tuesday and Thursday from 3:45-4:45 in the social hall.

Wednesday, Dec. 18

Today's **Fitness Activities** in Warm Springs:

- Walking/Low Impact Strength Training at the Family Resource Center at 10 a.m.

- Senior Fitness Class at the Senior Building at 10:45

- Functional Fitness Class at 12:10 at the Community Center, and

- Pilates-Yoga (PIYO) Class at 1:30 at the Community Center

A **Childbirth Education Refresher Class** is offered today. This class is for parents with babies due before February 26, and is not for first time parents. It will review current information on the labor and delivery process. A class will be held in Warm Springs at noon - sign up by calling 553-2460 or there is an evening class at Mt. View Hospital from 7-9. Call 541-475-3882 to register.

Thursday, Dec. 19

Today's **Fitness Activities** in Warm Springs:

- Walking/Low Impact Strength Training at the Family Resource Center at 10 a.m.

- Functional Fitness Class at 12:10 at the Community Center

- Zumba in Pod A at IHS at 12:10 and,

- Kickboxing at 1:30 at the Community Center

ECE kids from B1 and B2 will have a **visit from Santa** this morning at 10:30.

Snack Attack - the afterschool food program at Warm Springs Recreation -

is today at 3:45 in the social hall.

All Denomination **Prayer Services** are held every Thursday at 7 p.m. at the agency longhouse. Everyone is welcome.

Warm Springs Elementary **Family Craft Night** is on December 19 5:30-7 in the gym.

Warm Springs **jurors** will need to check-in at 9:30 this morning at Warm Springs Tribal Court.

All are welcome to attend **Social Dance Class** Thursday evenings from 5-7pm in the Community Center aerobics room.

Friday, Dec. 20

Today is **Red & Green Day** for kids Head Start kids at ECE. Rooms A5 and B3 will have a visit from Santa at 10:30 this morning.

Most offices in the Tribal Organizations will be closed for business this Friday.

The Warm Springs Boys and Girls Club is closed.

Monday, Dec. 23

Today's **Fitness Activities** in Warm Springs:

- Walking/Low Impact Strength Training at the Family Resource Center at 10am

- Senior Fitness Class at the Senior Building at 10:45

and,

- Functional Fitness Class at 12:10 at the Community Center

No School- Winter Break. Back to School on Monday, January 6.

Warm Springs **Head Start** Part-Day Program is closed for Christmas Break. Part-day students will return January 6. The full day Head Start Program is open.

Tuesday, Dec. 24

Today's **Fitness Activities** in Warm Springs:

- Walking/Low Impact Strength Training at the Family Resource Center at 10am

- Functional Fitness Class at 12:10 at the Community Center, and

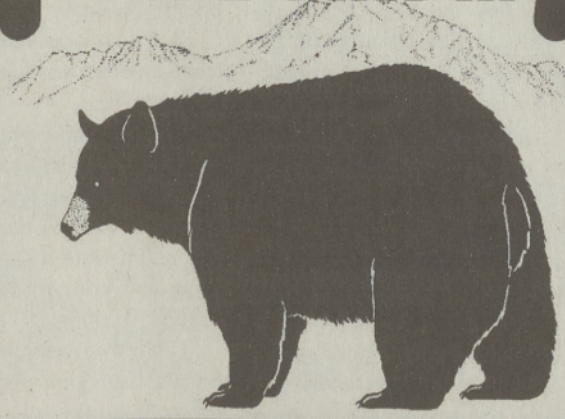
- Kickboxing at 1:30 at the Community Center

The IHS Diabetes program will have a **Diabetes Self Care** Session on this day from 11 til noon and lunch after in the Health & Wellness Center Kitchen Conference Room. They will talk about medications, pregnancy, blood sugar and sick day management.

Full-time tribal employees will be released early on Tuesday, December 24 at noon. Kids at ECE need to be picked up no later than 12:30 on Tuesday.

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