

Diabetes Prevention Spotlight

Healthy change made easier through Prevention program

When it comes to our health, we often put off taking time to go see the doctors, pharmacist, dentist or any other healthcare professional.

We often tell ourselves we will take the time to tend to our health needs when our busy lives slow down, and sometimes months will pass before we make the time resulting in a worse condition.

Diabetes Prevention Program participant Starla Green shares her motivation for joining the program: "Following a visit to IHS," she says, "I had my blood sugar checked and learned that I was a pre-diabetic."

Medical staff encouraged Starla to give the Diabetes Prevention program a chance.

"I always knew I was high risk based on several factors," Starla says. "But I never took the time to make it a priority in my life, despite having seen a lot of my immediate family struggle with diabetes."

"I always had an excuse for some reason or another, until the day I was told I was pre-diabetic."

She wanted to take extra steps to stop herself from be-



Starla Green

coming diabetic. "I signed up for a weight loss challenge, and while signing up I learned that the Diabetes Prevention Program was starting a session of classes."

The program staff encouraged her to attend. "And that was when I started the program," Starla says.

She found the Diabetes Prevention Program helpful in reawakening her motivation. "I learned to redirect the focus towards myself, to make an appointment with myself. Those appointments are for me to work out or partake in an exercise program."

Healthy changes

Starla has a busy schedule, so reaching her goal was not easy.

"The major challenge that I had during the program was returning to class every week and keeping the appointments with myself," she says. "I had to make myself the priority and make myself attend."

She shares some healthy changes she made:

"I changed my way of shopping, making it a point to purchase healthier groceries such as more fresh vegetables and fruit and less processed foods."

She stopped drinking both diet and regular soda and sugar drinks. "There are times when I will drink a portion of a soda to get a taste of it, but today, I will not finish a whole serving of soda."

"There was a time where our family would make \$5 Friday at Safeway, just to buy soda by the case. Today, that no longer occurs. I have also changed some of the basic ingredients in what I cook with, such as olive oil instead of other greases or oils that are not good for you."

How did the Diabetes Prevention Program help her in

reaching the goal of lowering her A1C to normal levels? "By helping me to stay motivated," Starla says.

Joining the program, Starla felt a sense of obligation. "It felt like I was being held accountable to just show up to class, because I was expected to be there. So I went, and once I got there I learned something new and the motivation continued."

How it works

Starla shares several of her favorite parts about the Diabetes Prevention Program.

"What I enjoyed most," she says, "was that they helped me keep me accountable to myself. There are times when I slacked off the exercise routine and I felt guilty, but when I started again, I felt better and I kept going"

The Diabetes Prevention Program store bucks also were a plus, because there were things she wanted from the store, and she worked harder to make the bucks for the purchases.

"The coaching incentive gifts were also a plus," Starla says, "because it was a healthy reward for doing something healthy."

"The major incentive is the workout equipment and space made available to work out. I always disliked working out in a gym or in front of others, so the semi-private space and access to their equipment was the best. I started doing my cardio workouts by video and then started using the free weights it was awesome."

Starla's greatest success was dropping her A1C from a pre-diabetic level to normal, and dropping over 50 pounds of body weight.

"Before the program, I had extreme difficulty walking a quarter-mile without back pain and shortness of breath," Starla says. "Now I can walk Camelback and survive it! I can do 3 to 5 miles without a problem, and feel good about myself."

A challenge now is to continue with the healthy lifestyle balance. "There are times when my life gets really busy and I fail to make time for myself," Starla says, "so I put my workouts on the side, which I know I should not do. But with the help of my coach Joy Ramirez and her motivation, I know I will continue to make time for myself. Just her being there and

sending me a text or leaving me a voicemail every now and then reminds me that I need to focus on my health and get myself in gear."

Her advice for the people in your community regarding the prevention of diabetes?

"I would highly recommend the Diabetes Prevention Program to any person desiring a change in his or her life."

"Many people do not know that there is exercise equipment at the program office. If you join the program, you can utilize the equipment. I am well aware of how difficult it can be to start exercising in front of people and having people judge you. Being self-conscious is difficult, and it's a huge obstacle to going to the gym or even walking in public. The Diabetes Prevention Program office is a place where you can do that and feel good about yourself."

(For more information on the program, contact Amanda Sanchez, health technician, Warm Springs IHS, Diabetes Prevention Program, 541-553-0454.)

More letters

Why no?

The motorsports referendum is not simply asking for permission to do research into this possible new enterprise.

A "yes" vote will give Tribal Council three things:

1. Authorize Tribal Council to pursue the project
2. ...to completion of the project
3. ...with an aggregate investment.

Once you give them a Yes, it is totally at the discretion of the Tribal Council to decide for us the viability of this enterprise. I want to be able to hear the findings before we as corporate members decide together that it is viable for our future generations. This kind of assessment should be done in steps, and reported at a corporate stakeholders meeting.

I'm voting "no" on this full meal deal referendum. It may starve us.

Susan Guerin

Vote No

The motorsport park project will require an "aggregate investment not exceed the value of the land," an amount approved by Tribal Council—out of thin air? Plus any available economic development sums dedicated to it an approved tribal budget—again, out of thin air?

Who will determine the value of the land that this racetrack is to sit on? Nobody asked me. If they had, I would say that big piece of land is priceless.

This new venture deserves

the full and regular participation/input of the corporate members in each phase of the assessment, not just Tribal Council. I can't even get monthly District updates out of Tribal Council; I sure don't expect them to give us updates each step of the way on this monster project.

I must first be able to trust them with the little things before giving them latitude to decide the big things. I'm just not there yet. For these reasons I'm voting No.

Josh Moody

Birth

Ronald Gonzales and Doris Lawrence are pleased to announce the birth of their son Benjamin Lawrence, born on Jun 10, 2014.

Madras Campus UPCOMING

for the month ahead

Getting Started Sessions

Get ready for Fall term.

July 8 and 22

August 5 and 19

4 p.m.

Madras Campus

Community Learning classes, visit
www.cocc.edu/continued

For More Info:
541.550.4100
cocc.edu/madras



In advance of College events, persons needing accommodation or transportation because of a physical or mobility disability, contact Joe Viola: 541.383.7775. For accommodation because of other disability such as hearing impairment, contact Annie Jenkins: 541.383.7743.

OSCAR'S EXPERT AUTO REPAIR

Complete Service Foreign & Domestic

Serving Central Oregon Community ~ Warm Springs
You need to get back on the road call Oscar's Expert Auto Repair. Towing available...If you fix the car with us, we give you the towing for half price. Call Oscar or Byron for more info

541-390-1008

821 SW 11th St. ~ Redmond

541-923-3554

www.autorepairedmond.com

The next deadline to submit items for publication in the Spilyay Tymoo is Thursday, June 3 - early because of the holiday!