

Diabetes Prevention Spotlight

Taking control was key to healthy changes

Warm Springs Diabetes Prevention Program participant Alicia Adams shares her reason for joining the program:

Having a maternal family history of diabetes has always been scary. I thought I would be lucky to live past 60, and probably be insulin-dependent by 50.

I was ignorant and thought that I couldn't fight my fate. When I was diagnosed as pre-diabetic, the class was offered to me and I didn't hesitate to join. I want to live to see my grandchildren and great-grandchildren grow up.

One piece of information that Alicia found very helpful from the Diabetes Prevention Program was that "losing 7 percent of your body weight decreases your chances of developing Diabetes by 50 percent."

"I also found the nutritional education to be extremely helpful," Alicia says.

"The recipes you get in the classes emphasize ways to substitute, using low fat, fat-free options to make my meals healthier."

At the start, her barrier for change was "psychological, my own negative thoughts were my biggest barrier."

"I wasn't even sure that I could lose the weight, and at times wasn't sure I wanted to. I was content with who and where I was at that time."

"Once I convinced myself that it was worth a try, my small victories, and encouragement from the program staff, were enough to



Alicia has lost close to 100 pounds.

Courtesy photo.

"Educate, and set a good example to your families by eating healthy and doing physical activities together."

squash the demons in my head. The other challenges were minimal, like remembering to document my food, and keeping an exercise journal."

Healthy changes Alicia has implemented into her lifestyle are:

"Tracking physical activity, calories, fat, protein, and sugar intake. I try to avoid carbohydrates, but still indulge

in moderation.

"I no longer drink soda at all (for over two years now), and fruit juices are watered down to cut the sugar content. My goal is to get in at least 8,000 steps every single day. Before joining the program, I didn't set goals."

How did the DPP assist you in reaching your goals?

"Attending the classes, being educated on nutrition, and being physically activity were key in my success," Alicia says.

"Having a coach and annual physical has kept me motivated," she adds. "The Diabetes Prevention Program store gave me the opportunity to buy fitness equipment that I would probably never

bought myself in a real store." Alicia's favorite parts of the program are the incentives and coaching:

"Meeting with my coach is like getting free therapy. I also like the staff, equipment, and various activities that the hold throughout the year."

Alicia was asked about her successes, and how she plans on continuing a healthy lifestyle balance.

Completing the Diabetes Prevention Program classes was an accomplishment in itself, she says.

Alicia felt more confident from successfully changing eating and activity habits. This allowed her to feel more in control of her life.

"On May 7, 2013, I had gastric bypass surgery, due to bone-on-bone osteoarthritis in my knees. I was told that I needed a right knee replacement. Knee injections, physical therapy and weight loss were the only solutions available."

"I got my knee injections, and completed physical therapy, but I wasn't able to lose more than 35 pounds."

"Some might think that I have taken the 'easy way out.' But there is nothing easy about what I had to accomplish, to even be considered for the surgery."

"The Diabetes Prevention Program helped me improve my overall health, and after the hard work I was proud to be considered an excellent candidate for the surgery, because I do not have high blood pressure, my cholesterol levels were normal, and

I was no longer considered pre-diabetic.

"At my heaviest I weighed in at a morbidly obese 292 pounds, 5 feet 2 inches tall, and a size 26 (even those were a little snug)."

"My surgeon didn't give me a goal weight, but did predict that I would lose approximately 100 pounds. Today, I weigh 195 pounds, and I am in a size 12/13. My A1C earlier this month was 4.6, the lowest number nurse practitioner Diana said she has seen in a long time."

Alicia's advice for the community regarding the prevention of diabetes is the following:

"Ultimately, we as individuals are in control of what we put into our bodies. Even if you don't have a family history, it doesn't hurt to be screened."

We are very fortunate to have free resources like the Diabetes Prevention Program, the Community Wellness Center, and Kah-Nee-Ta water aerobics.

"I also found Mike Holyan, Dwight Carpen and Edmund Francis to be very helpful when I needed help with a fitness regimen."

"If I was taught to eat healthy and encouraged to engage in physical activity as a child, I may not have needed this program."

"Educate, and set a good example to your families by eating healthy and doing physical activities together."

(By Amanda Smith, Health Technician, Warm Springs Indian Health Service, 541-553-0454.)

Sweet Heart Sale on Friday

Valentine's Day is coming up on Saturday, February 14.

Getting ready for the big day, Warm Springs Recreation will host the Sweet Heart Sale this Friday, February 6.

The Sweet Heart Sale will be from 10 a.m. to 6 p.m. at the Community Center Social Hall.

To sign up, and for more information call Carol at 541-553-3243.

February Baby Fair

Warm Springs Recreation will host the Sweetheart Baby Fair on Thursday, Feb. 26, at the community center.

There will be free family photo shoots from 5-6:30 p.m. Fun starts at 5, with games and prizes.

There will be a Little Tykes Regalia Fashion Show in the Community Center Social Hall. This is for walkers to 5-year-olds. The event will include a baby-board gallery: show case your family's baby boards! For more information call Carol Sahme at 541-553-3243.

Tribal Council summary

January 20, 2015

1. Roll call: Chief Delvis Heath, Chief Joseph Moses, Vice Chair Evaline Patt, Reuben Henry, Scott Moses, Carlos Smith, Kahseuss Jackson and Orvie Danzuka. Recorder, Minnie Yahtin.

2. Meeting was held at Kah-Nee-Ta with the 509-J School Board members to discuss the Memorandum of Understanding. A follow-up meeting will be held later this month.

3. Meeting adjourned at 1:20 p.m. (Story on page 1).

Proposed law would help contain sea lion predation on salmon

Tribal and state fisheries managers in the Columbia Basin may gain a new tool to address sea lion predation below Bonneville Dam.

The tool would come from the proposed Endangered Salmon and Fisheries Predation Prevention Act.

Rep. Jaime Herrera Beutler (R-Wash.) introduced the legislation in the House last week.

The act would clear up inconsistencies and red-tape that are hampering more effective management of alarming predation levels by California sea lions.

Tribal leaders have consistently supported the efforts of the Northwest Congressional delegation to amend Section 120 of the Marine Mammal Protection Act for

A key provision in the bill would provide the Warm Springs, Umatilla, Yakama and Nez Perce tribes with access to the same authorities currently available only to states.

greater clarity and efficiency.

Tribal leaders are particularly supportive of a key provision in the bill that would provide the Warm Springs, Umatilla, Yakama, and Nez Perce tribes with access to the same authorities currently available only to states.

"Our tribes are working hard to restore balance, wherever we can, in a highly altered and degraded river system," said Paul Lumley, executive director of the Columbia River Inter-Tribal Fish Commission.

The Marine Mammal Protection Act and the Endangered Species Act are thoughtful laws that need to be reconciled with one another, Lumley said.

"The Endangered Salmon and Fisheries Predation Prevention Act honors the underlying intent of both laws, while providing professional fisheries managers with tools to manage both Protected and Endangered Species," he said.

The proposed legislation accelerates the process for

granting lethal take authority.

The new law would also limit the lethal take to 10 animals per permit holder; and spurs the Secretary of Commerce to report on any additional legislation needed to amend the Marine Mammal Protection Act within two years.

Predation by California sea lions on threatened and endangered salmon populations has been a concern of the tribes since 2002, when 31 sea lions arrived at Bonneville Dam.

Since then, sea lion counts and their total salmonid predation has continued to grow.

State and Tribal biologists estimate 20 percent of the spring Chinook run is killed by sea lions in the Columbia estuary below Bonneville

Dam.

For more information on sea lion predation at Bonneville dam visit the CRITFC sea lion page:

www.critfc.org/sealion/sealion

This website provides links to a fact sheet, video of predation, hazing activity, and photos of damage done to migrating salmon by sea lions.

4202 Holliday St. Call 541-615-0555

WARM SPRINGS TELECOM

Birth announcement

Duke Jerome Spino Shannon and Wesley Spino of Warm Springs are pleased to announce the birth of their son Duke Jerome Spino, born on December 31, 2014.

Duke was born at the at the Mad River Community Hospital in Cali-

fornia, weighing 7 pounds 6 ounces.

Duke joins sister Myla Love Spino; and brothers Noah James Spino Andrew King Spino.

Grandparents are Flora Frank, David Lucei, Trudy Thompson and Wesley Spino II.

The Museum at Warm Springs is now on their winter hours. The Museum is open Tuesdays through Saturdays, 9 a.m.-5 p.m. The museum is closed on Sundays and Mondays.

High Looke Lodge

Call 541-553-1182

Assisted Living Facility



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