

Living with Diabetes

Inspiring experience in managing diabetes

Edison Yazzie talks about his recent medical experiences, brought on by diabetes. And he offers some advice to people who may be facing a similar challenge:

As a child I had a kidney operation. I should have started taking care of them then.

Not taking care of my diabetes caused kidney troubles, eye problems, and quadruple bypass surgery.

I received a new kidney July 4 of last year, after four and a half years of dialysis.

If you have diabetes and/or heart problems, work with your provider to get regular checkups, even if you feel healthy as a horse.

You can prevent heart attacks and needing dialysis.

It is important to educate yourself and make needed changes, like eating healthy, exercising and taking medications.

Now I test my blood sugar four times a every day. I check my weight, temperature and blood pressure. And I take about 30 pills



Edison Yazzie

a day. I eat healthy and exercise. I do all of this to stay healthy and to prevent other health problems.

'Be the change'

I feel blessed to have awesome family support. I never felt alone or like I was doing it all by myself.

I always look forward to tomorrow, always working to make it a better day.

After all the work and staying positive, I am able to do most everything I did before I started dialysis.

I wake up with a purpose and a to do list every single day. Where there is a will, there is a way.

Be the change you want to see and make it a better day.

Edison Yazzie

This article was made available by the Indian Health Services Warm Spring Model Diabetes Program. You can reach them for questions and advice at 541-553-2478. Or email:

Jeri.kollen@ihs.gov

Community notes...

Because of the Presidents' Day holiday on Monday, February 20, Warm Springs Sanitation will not have pickups on Monday. On Tuesday, they will do all of their Monday routes and dailies, which are Deer Loop, the Trailer Park, Campus and Senior Area. They will also do pickups in Kah-Nee-Ta, Greeley Heights (with the exception of East and West Spur). On Wednesday, they will do pick-ups on the regular Wednesday routes plus Jackson Trail and and East/West Spur.

The Pathways Home seven-week homeownership course will begin on March 7. Classes will be on Tuesday evenings from 5:30-7:30 at the Credit building. To sign up for the course, call 541-553-3148. This course is required for everyone in the IDA Program for home ownership, but is open to anyone who wants to learn how to become a successful homeowner.

The monthly free spay and neuter clinic for dogs in Warm Springs is on Sunday, March 5.

Dogs can be dropped off starting at 7:30am, first come-first served, at the Community Building in Greeley Heights. The Humane Society will also be available to take dogs that need to be adopted from 8:30-10 a.m.

Warm Springs Honor Seniors Day is on Saturday, May 13 at the Agency Longhouse. This year's theme is Time Travel to the '60's. Mark your calendar! For information, or if you'd like to help out, contact the Warm Springs Senior Program, 541-553-3313.



Dancer at the Fortieth Annual Lincoln's Powwow, Simnasho.

Jayson Smith/Spilyay

At Tribal Council in February

The following are some of the items on the Tribal Council agenda (subject to change at Council discretion).

Wednesday, Feb. 15

9 a.m. - Management Plan with S-T Michele Stacona and COO Alyssa Macy.

10 - Emergency Operations plan update with Alyssa Macy, Public Safety GM Stan Suenaga, and Emergency Manager Dan Martinez.

11 - Below Bonneville fishery regulations with Brad Houslet of BNR.

1:30 p.m. - Portland Harbor with Jim Graham and John Ogan.

2:30 - Grand Ronde/scaffold permit-Willamette Falls with Justin Russell.

3:30 - Pine Creek discussion with Rick Hayes, John Ogan and Robert Brunoe.

4:30 - Land donation with Dunstan Property, Brad Houselet, Bryan Cochran and Ellen Grover.

Thursday, Feb. 16

Boardman Property mortgage with the BIA.

Monday, Feb. 20

The tribal organization is closed in observance of Presidents Day.

Tuesday, Feb. 21

9 a.m. - BNSF Railway Com-

pany Safety Training at Kah-Nee-Ta with Quanah Spencer.

11 - Land buy-back program with Lewis Pitt Jr.

1:30 p.m. - Financial overview - January 2017 with Alfred Estimo and Dennis Johnson of Finance.

2:30-4:30 - Every Student Succeeds Act with April Campbell.

Thursday-Friday, Feb. 23-24

CRITFC meeting.

Monday, Feb. 27

9 a.m. - Secretary-Treasurer and COO updates. March agenda and Council minutes.

11 - Draft resolutions with the S-T.

1:30 p.m. - Legislative update call with Matt Hill and Mike Mason.

2:30 - Enrollments with Lucille Suppach-Samson of Vital Stats.

3:30 - CPS update with Susan Denight and Caroline Cruz.

Tuesday, Feb. 28

Deschutes Water Summit at Kah-Nee-Ta with Jim Manion, Power and Water.

Note: All draft resolutions and ordinances, including any attachments or exhibits, will be due by the first Friday of each month by 5 p.m. Send by email for review (Word form): michele.stacona@wstribes.org

lynn.davis@wstribes.org

Additional items for consideration: Ramah discussion/membership meetings. Enterprise meetings with the membership. Purchasing training February 23-24. Joint Venture with Cassie Katchia.

High Looke Lodge Assisted Living Facility. 2321 Ollallie Lane (PO Box 6) Warm Springs, OR. Call 541-553-1182. Includes logo and building photo.

WAUNANUBA Salon, Spa & Essentials. Includes scenic background image.

15% OFF product purchases. To redeem mention this ad, or show your tribal ID.

341 SW Sixth St. Redmond. Tuesday - Saturday 10 a.m. - 6 p.m. ph. 541-923-8071

bareMinerals makeup products.