



Diabetes Program Quarterly News

The Diabetes Program Updates and Announcements

Rez-lympics 2012

The Diabetes Program, Tribal Victims Services, and the Boys and Girls Club are teaming up to bring to our community, a day packed with fun events for the whole family! Including water balloon races, obstacle courses, tug-of-war and much more! Please support the fundraisers that will be held over the next month. Your donations will help make this event even bigger!

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We are located in the PBPB Health Center:
11400 158 Rd
Mayetta, KS 66509

Bosho!

The Diabetes Program has been very busy this year and we've prepared this quarterly newsletter, to keep you up-to-date with all of our upcoming program activities! So we present to you our first issue of Diabetes Program Quarterly News! In this issue you will find information on the education classes that we offer, the exercise classes that we currently have in place, as well as upcoming classes. You will also learn more about our current and upcoming challenges.

Welcome back Eddie Joe

On June 4, 2012, we welcomed back Eddie Joe Mitchell to the Diabetes Program. Eddie Joe is the Project Coordinator for the Return to a Healthy Past program. He is in charge of managing the community gardens on the reservation and has been an asset to our program for a number of years. We are happy to have him back!



*Melinda Williamson
Diabetes Program Manager*

Return to a Healthy Past

The Return to a Healthy Past program was responsible for tilling up 48 family gardens and 2 community gardens this year. We are trying to promote healthier eating and more exercise by encouraging families to raising their own vegetables. We also encourage picking

traditional foods such as wild onions, nenwezhek and berries. Our program cosponsors hikes and camping trips to identify wild foods our people ate. We are planning a harvest feast this fall to show-case traditional foods. The last harvest feast was a huge success.



*Eddie Joe Mitchell
Program Coordinator for the Return to a Healthy Past Program*

Diabetes Prevention Program



Kathy Sterbenz, RN
Diabetes Nurse Educator

Diabetes Prevention Program Classes

Pre-Diabetes is when a person’s blood sugar is higher than normal, but not high enough to be diabetic. If you have an **HA1c between 5.7-6.4 or a Fasting Blood Sugar between 100-125** you may have Pre-Diabetes and may be eligible to participate in our Diabetes Prevention Program. Our Programs goals and objec-

tives are to provide you with the necessary tools that will assist in:

- Decreasing the number of calories and fat grams you eat daily (based on your weight).
- Increasing your daily activity to 150 minutes/ week or roughly 22 minutes/day.
- And to help you achieve a goal of losing 7% of your body weight.

Sign-ups for the Diabetes Prevention Program are going on right now, with new classes beginning on August 1, 2012. Individuals that meet the HA1c and fasting blood glucose criteria need to contact us so that we may get you in to see a provider.

Diabetes Stops With You!

“For every 2.2 lbs of weight lost, diabetes risk is reduced by 13%”

-The DPP Research Group

Diabetes Prevention Program After-Core Classes

Our After-Core classes are designed to provide continued support to our DPP participants, after our education classes have ended. As participants continue to embark on their journey to better health, our lifestyle coach and supporting staff, cover topics on nutrition, exercise, problem solving, and weight loss. These year-round classes are open to **all past DPP participants** and will be

held the **last Wednesday and Thursday of each month** in the Diabetes Program conference area on the North side of the PBPN Health Center.

After-Core Class Times

Wednesday

12:00 pm-1:00 pm

Thursday

5:00 pm-6:00 pm



Cody Wilson
Lifestyle Coach
In the Wellness Center at the PBPN Health Center

“DPP Lifestyle Intervention reduced the risk of diabetes by 58%”

-Shandiin Begay for the DPP Research Group

Diabetic Self-Management Classes

Diabetes Self-Management classes are offered on Tuesday evenings from 4:00 pm to 5:00 pm. The classes are 12 weeks long BUT anyone can join at anytime. When the last class has completed, another session will start the next week. The classes are open to diabetics and their family and friends, as diabetes affects everyone we love. These classes are meant to be educational and supportive. We will even laugh! Classes will continue until the

middle of December. And these classes are FREE, as are all of our classes.

Joslin Vision Network (JVN)

JVN is a validated retinal imaging service designed to prevent blindness and vision loss in people with diabetes. The PBPNUHC offers JVN eye exams. We use a special camera to take a series of pictures of the back of the eye (retina). The photos are then sent out to be read by an

ophthalmologist. ALL diabetics should have yearly eye exams for retinopathy to prevent blindness.

We can schedule JVN appointments along with your regularly scheduled doctors appointments.

With early detection and appropriate treatment, vision loss can be prevented.

Workout the Rez Community Challenge



We have invited all community members and tribal employees to get up and get fit! Our Workout the Rez Challenge is the first Diabetes Program Community Challenge of 2012 and we are already a month into it. Over a 2 month period the Diabetes Program is challenging participants to get out and exercise! This

means getting out and walking your dog, gardening, playing with your children! As long as your moving and being active we want to hear about it!

We are providing data sheets to log the amount of minutes that you are working out over the two-month period.

There will be rewards for Male and Female Top Performers and those of

you that reach 1,500, 2,000, and 2,500 minutes of exercise. Although there are incentives, the biggest reward will be improvement in your personal health. Over 90 people signed up and about 20 are already on pace to hit our 2,500 minute club! Be on the lookout for more community challenges as we continue to build our program.

Exercise with the Diabetes Program

Zumba

Another new member to our team is Cindy Ward! Cindy is a certified Zumba Instructor, that began teaching Zumba-classes for the Diabetes Program beginning in early June. Classes are held at the PBPN Boys and Girls Club. Please come and join her for this fun easy to follow dance fitness class!

Tuesday, Wednesday, and

Thursday

5:30 pm-6:30 pm

Chair Exercises at the Elders Center

Chair exercise is an alternative way for people with limited mobility to stay active. It is also helpful for those that want to learn how to stretch and use resistance bands to exercise at your desk or at home. Classes are held on the first floor of the Elders Center and are taught by our Lifestyle Coach, Cody Wilson.

Tuesdays and Thursdays

@ 10:30am

Tuesday & Wednesday Walks

Our team is committed to getting our community active. That is why we began our Weekly Walks. We conduct short 15 minute walks at various locations on the reservation. Come Join Us!

Tuesday

Health Center @ 12:00 pm

Tribal Court @ 2:00 pm

Wednesday

Government Center @ 9:30am

Boys & Girls Club @ 10:30 am

Elders Center @ 11:00 am



Cindy Ward
New Zumba Instructor

Recipe Corner:

Featured Garden Vegetable: Swiss Chard

Fettuccini with Swiss Chard and Mushrooms

Tip: Swiss chard has been said to be one of the most nutritious vegetables around. Chard stalks vary in color, but not in taste.

Ingredients

- 2 tablespoons olive oil
- 1/2 cup chopped shallots or green onions
- 2 garlic cloves, sliced
- 8 to 10 small mushrooms, sliced
- 1 pound Swiss chard, trimmed of stems, washed thoroughly and chopped into 1-inch pieces
- 6 ounces uncooked fettuccine
- 1/4 cup grated Parmesan cheese

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- 1/4 teaspoon cracked black pepper

In a large skillet, heat the olive oil over medium heat. Add the shallots, garlic and mushrooms. Saute the vegetables until tender, about 5 minutes. Add the Swiss chard, reduce heat and cover for about 3 minutes. Using tongs, turn the chard over so that uncooked leaves are on the bottom and wilted leaves are on top. Cover and cook until completely wilted, about another 3 minutes. Fill a large pot 3/4 full with water and bring to boil. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain

thoroughly, reserving 1/4 cup of the pasta water. Return the drained pasta to the pot. Add the Swiss chard mixture and the reserved pasta water. Toss to mix evenly. Divide the pasta onto warmed plates. Top each serving with 1 tablespoon Parmesan cheese and cracked black pepper. Serve immediately.

Calories: 298, Total fat: 10g, Saturated fat: 2g, Monosaturated fat: 6g, Cholesterol: 4 mg, Sodium: 325 mg, Total Carbohydrate: 41 g, Dietary fiber, 3g, Protein: 11g

For more information on Swiss Chard please visit: <http://whfoods.org/genpage.php?>



Swiss chard is a leafy, cruciferous vegetable that is a good source of vitamins A and C and iron. Prepare the leaves like you'd prepare spinach leaves and the stems like asparagus.