

Diabetes Program Quarterly News

November is Diabetes Awareness Month!



The Diabetes Team is gearing up for a month full of activities to bring diabetes awareness to our community. It will also tie in closely with the start of our next Community Challenge! We will begin sign-ups at our upcoming Trunk or Treat event and the challenge will last through the holidays. So if you're looking to challenge yourself to keep the pounds off during the holiday season, join our next challenge!

Melinda Williamson
Diabetes Program Manager
785-966-8271

Kathy Sterbenz, RN
Diabetes Nurse Educator
785-966-8207

Cody Wilson
Lifestyle Coach
785-966-8272

Eddie Joe Mitchell
Project Coordinator
785-966-8243

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

The Diabetes Program Updates and Announcements A traveling we will go...!

Boshoh! September was a traveling month for us! September 5 and 6, Cody and Melinda headed to Denver, CO for the SDPI Diabetes Prevention Program Conference. We learned about the newest developments concerning DPP in Indian Country and returned with some great ideas for our program. The Diabetes Prevention Program is up for reauthorization this coming year and we need your support to show Washington that this program is worth being funded! So if you are pre-diabetic or know

someone who is, come see us, move with us, learn with us. Diabetes Stops with You!

September 25-27, Eddie Joe and Melinda headed to Red Lake, MN for the CDC Traditional Foods Conference. While there, Eddie Joe gave a presentation over the success of our Return to a Healthy Past Program. We learned a lot about what other traditional foods programs are doing in their communities and also got some great ideas for our program. Look for exciting activities coming your way soon!



Return to a Healthy Past Announcements

The Return to a Healthy Past Program will begin tilling gardens this fall in preparation for spring gardening. We have also begun preparations for our Harvest Feast that is scheduled for November 15th. It will be held at the bingo hall. Volunteers are needed to help with the feast.

We will be co-sponsoring hikes and camp-outs this fall as well. Anyone needing information call 966-8243.



Did you know that by joining our Diabetes Prevention Program you receive over \$5,000 in care? Call us to find out more information!

Also keep an eye out for our PBPB Diabetes Program Cookbook, due out in December 2012!

**Trunk or Treat
and
2nd Annual Buffalo Chili
Cookoff
October 27, 2012**



6pm at Prairie Peoples Park

Chair Exercises with Cody

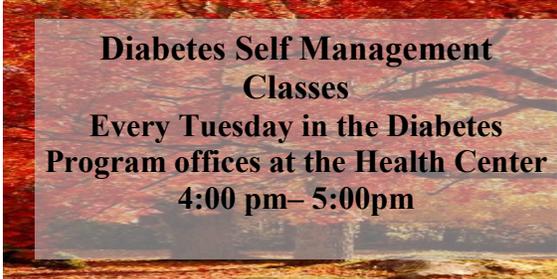
Learn alternative ways to exercise, using stretching and resistance bands to build strength and flexibility. Classes are held on the first floor of the Elders Center.

Tuesdays and Thursdays
@ 10:30am



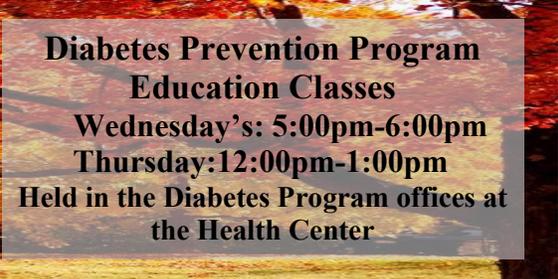
**Diabetes Self Management
Classes**

Every Tuesday in the Diabetes Program offices at the Health Center
4:00 pm– 5:00pm



**Diabetes Prevention Program
Education Classes**

Wednesday's: 5:00pm-6:00pm
Thursday: 12:00pm-1:00pm
Held in the Diabetes Program offices at the Health Center




Come laugh, learn some new dance moves and get a great workout in at the same time!

Tuesday, Wednesday, and Thursday's
5:30 pm-6:30 pm
At the Boys and Girls Club

**Return to a
Health Past
Fall
Harvest
Feast**

November 15,
2012
5:30pm-8:30pm
At the Bingo Hall




**Bison Canning
Workshop**

Instructed by
JoAnne Grandstaff
Monday, October 15,
2012

Sign-ups limited to the first 12 people

Call Eddie Joe Mitchell
785-966-8243

Tuesday & Wednesday Walks

Come join us for our weekly 15 minute walks!

<u>Tuesday</u>	<u>Wednesday</u>
Health Center @12:00 pm	Government Center @ 9:30am
Tribal Court @ 2:00 pm	Boys & Girls Club @ 10:30 am
	Elders Center @ 11:00 am

