

Fall 2013

Volume 2 Issue 3



The DP is pleased to introduce our new Water Aerobics Instructor Matthew Chenoweth! He is currently teaching 3 classes a week! Come out and meet him! See back page for schedule.

### ***Exercise Incentive Program!***

Don't forget that our Exercise Incentive Program is still going on! Here's how it works: for every 15 exercise classes that you attend, you will receive an incentive (water bottle, yoga mat, exercise bag, hand weights, etc.). The Diabetes Program will keep track of your attendance. There is a 1 class/day limit. Congratulations to the 12 people who have reached 15 classes already! Keep up the good work!

#### **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

## Prairie Band Potawatomi Nation



It's finished!! Our Return to a Healthy Past Cookbook!  
September 2013



Cody and Melinda attended Nike Fitness X Camp in Beaverton, Oregon  
July 2013



Tug of War Contest at RezStrong  
September 2013

### ***Diabetes Program Updates– Committed to making our Rez the Healthiest in America!***

This Fall we are gearing up for a fun, but busy winter! We have finally completed our Return to a Healthy Past Cookbook and are working to consolidate all of the files into one single PDF document, so that we can distribute it to the community! Please bear with us! You will be able to print off your own copy soon! In the meantime, we have been releasing limited copies to our DM and DPP program participants and have received amazing feedback! We cannot wait to share it with you.

We just finished up our Pre-diabetes Summer Slim Down Challenge and will be announcing the 1st, 2nd, and 3rd place winners soon! Each winner will receive a gift certificate to our Nike.net account! We are in the planning stages of our next community weight loss challenge! November is Diabetes Awareness Month and as we move into this important month we will be offering our 2nd Annual Eliminate Diabetes Holiday Challenge! This two month challenge will encourage participants to maintain their current weight or lose weight during the holiday season! It was such a great success last year, we are doing it again! Please keep an eye out for our flyer.

A special thanks to our Zumba Instructor Kristina Throssell, who has added a Kids Zumba class to the activity schedule! She will be teaching a 30 minute class on Mondays at the Boys and Girls Club!

### ***Message from Cody Wilson– DPP Lifestyle Coach***



I currently provide 1-on-1 lifestyle coaching sessions by appointment only to Diabetics and Pre-diabetics in the community, but would also like to offer these services to patients who don't meet that criteria. These sessions would include a wide range of health related topics from weight loss to nutritional and physical activity guidance. If you are interested in setting up a lifestyle coaching appointment with me, please send me an email at [codywilson@pbpnation.org](mailto:codywilson@pbpnation.org) about available times.

### ***Return to a Healthy Past Announcements***

The Return to a Healthy Past Program is sponsoring our annual Harvest Feast at the Bingo Hall on Monday, November 18 from 5:30pm to 8:30pm. The Harvest Feast will feature traditional foods that are harvested locally by community members. Foods that will be served include fish, squirrel, deer, raccoon, turtle, buffalo, Indian corn, wild rice, nenwezhok and more!

We will also have great door prizes for attendees that fill out our Fall Survey. For more information, please contact Eddie Joe at 966-8243 or [EddieJoe@pbpnation.org](mailto:EddieJoe@pbpnation.org).



# Diabetes Program Weekly Activity Calendar

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>M o r n i n g</b>	<b>Exercise in the AM</b> 5:30am-7:00am	<b>Exercise in the AM</b> 5:30am-7:00am	<b>Exercise in the AM</b> 5:30am-7:00am	<b>Exercise in the AM</b> 5:30am-7:00am	<b>Exercise in the AM</b> 5:30am-7:00am		
		<b>Chair Exercises @ Elders Center</b> 10:30-11:30am	Wednesday Walk @ the Govt Center 9:30am	<b>Chair Exercises @ Elders Center</b> 10:30-11:30am			
			Wednesday Walk @ Elders Center 11 am				
<b>A f t e r n o o n</b>	<b>Noon Yoga @ the Health Center</b> 12:00pm	<b>Diabetes Self Management Classes</b> Starting in Feb. 2014 12:30pm-1:30pm	<b>Noon Yoga @ the Health Center</b> 12:00pm	<b>Diabetes Prevention Classes @ Health Center</b> 12pm-1pm			
		Wednesday Walk @ the Court 1:30pm					
<b>E v e n i n g</b>	<b>For the Zumba Schedule Please see Zumba Calendar!</b>						<b>Boxing @ BGC</b> 4pm-5pm
	<b>Water Aerobics @ BGC</b> 5:15pm-6:15pm		<b>Diabetes Prevention Classes @ the Health Center</b> 5pm-6pm	<b>Water Aerobics @ BGC</b> 5:15pm-6:15pm			<b>Boxing @ BGC</b> 5:15pm-6:15pm
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