

AMERICAN INDIAN INSTITUTE
The UNIVERSITY of OKLAHOMA OUTREACH

April 22-25, 2019

Native Women and Men's Wellness and Diabetes Prevention Conference

*“Living in Native
Balance and Wellness”*

Catamaran Resort Hotel
San Diego, California





Welcome to the Conference

On behalf of the American Indian Institute at the University of Oklahoma, it is our privilege to welcome you to the 2019 18th Native Women and Men's Wellness and Diabetes Prevention Conference. We are honored by your presence as we come together to protect generations from illness. Our presenters and speakers will share resources, information, strategies, and successful programs as well as provide the opportunity for further networking and collaboration. Enjoy the conference and thank you for attending!!!!

Sincerely,

Norma J. Neely
Director Emeritus, American Indian Institute
The University of Oklahoma

Nina R. Barbee, Ph.D., Interim Director, American Indian Institute

Dr. Barbee serves as the Director of Continuing Education and Special Projects for University of Oklahoma Outreach. She received a doctorate of philosophy (Communication) and MA degree from the University of Oklahoma. Her BA degree is from West Texas A&M University.

With a long-time commitment to serve others in work that transforms lives through education and training, Dr. Barbee, is a proud member of the Choctaw Nation (one of the Five Civilized Tribes) and holds the mission and vision of the Choctaw Nation close to her heart:

She shares that Chief Gary Batton, the tribal governance, and tribal members continue to revitalize our culture while providing opportunities for the future in terms of growth and financial stability. The number and quality of services, activities, and programs provided for people of all ages, offer those opportunities in amazing ways while remaining steadfast to the creed, mission, and vision of the Choctaw Nation.

Mission & Vision of The Choctaw Nation

Mission: To the Choctaw proud, ours is the sovereign nation offering opportunities for growth and prosperity.

Vision: Living out the Chahta spirit of faith, family and culture.

Dr. Barbee believes that her maternal grandfather, Martin Thomas Foster, Osage County Sheriff in the town of Hominy, Oklahoma, could not have imagined all the incredible things that would happen years after he reluctantly signed the Dawes Rolls. Without persistence from his sometimes-times appointed Deputy, Nina's grandmother, Goldie, it might not have happened. The story is that during those times, jobs were hard to come by and signing was seen as very risky. She is grateful that Grandpa Martin was courageous. The family has spent considerable time researching and creating the family tree. Their Choctaw heritage, history, and family stories are a source of great pride and continue to bind each generation.

Dr. Barbee's research and professional interests include interdisciplinary and cultural studies, creative problem solving and innovation, adult and continuing education, training and development, grant and program development, and community service.

Dr. Barbee enjoys spending time with her son, Brian, family, two devoted Papillons, Charlie and Gus, friends, and engaging with communities.

About the American Indian Institute

The American Indian Institute (Aii) was established in 1951 at the University of Oklahoma, as a non-profit Native American service, training, and research organization. Aii is a department within the University of Oklahoma's Division of Public and Community Services in University Outreach.

Aii provides services and forms collaborative partnerships with American Indian, Alaska Native and Canadian First Nation Tribes and communities. With more than 65 years experience working throughout Indian Country, Aii offers outreach in the following areas:

- Indian Education
- Health Promotion and Disease Prevention
- Art, Culture, and Language Preservation
- Tribal Leadership and Organizational Development

Master of Ceremony

Patrick S. Trujillo, *Pueblos of Cochiti and Jemez*

Executive Director – Native American Training Institute and Wellness/Health Education Consultant

Patrick Trujillo is a member of and resides in the Pueblo of Cochiti, and he is also of Jemez Pueblo. He is a practitioner of traditional and spiritual ways. Currently, Trujillo is the Executive Director of the Native American Training Institute, Inc. He was born on March 5, 1954, in Albuquerque, New Mexico. Trujillo is a certified Fetal Alcohol Syndrome Prevention Trainer, Certified Gathering of Native Americans Facilitator and Trainer, a Low Ropes Initiative Course Facilitator and Trainer, a Wellness Trainer for youth, family, elders, women and men, a Leadership Facilitator and Trainer and a Motivational Facilitator and Trainer. Trujillo received the Outstanding Academic Achievement Award in the Drug/Alcohol Studies through the University of New Mexico.

Trujillo has served as a Substance Abuse Counselor for the Five Sandoval Indian Pueblos, Inc., the Southwestern Indian Polytechnic Institute, the Two World's Project of the All Indian Pueblo Council, Inc. in Albuquerque, New Mexico. He also worked as a counselor at La Nueva Vida Youth Residential Treatment Center for girls in Santa Fe, New Mexico. Trujillo frequently presents programs of wellness specially tailored for audiences of men, women, youth in affiliation with the University of Oklahoma, the American Indian Training Institute (AITI) and The Gathering of Native Americans (GONA).

Trujillo particularly enjoys working with youth and families, and providing prevention agendas for communities that involve strengthening cultural, personal and spiritual awareness.

**You are Invited to
A Welcome Gathering on the Beach
4:30 p.m. - 5:30 p.m. • April 22, 2019**



Monday, April 22, 2019

2:00 PM - 5:00 PM

Upstairs Kon Tiki Foyer

REGISTRATION

2:00 PM - 5:00 PM

Upstairs Kon Tiki Foyer

EXHIBITS OPEN

2:00 PM - 2:30 PM

Kon Tiki Ballroom

Patrick Trujillo, Private Consultant
(Cochiti Pueblo/Jemez Pueblo)

Laughter is a tranquilizer with no side effects

The effect of Humor and Laughter on the Spirit, Body, and Mind.

2:30 PM - 3:00 PM

Kon Tiki Ballroom

Nancy Iverson, Director, PATHSTAR, Michelle Carlow, Bessie LeBeau, Samantha White (Oglala Sioux), Michelle Deason (United Keetooah Band of Cherokee Indians), Carol Shopteese (Prairie Band Potawatami Nation), KC Fallon (Navajo Nation), Savannah Trujillo

Reclaiming Healthy Futures: Children, Families, and Communities

A preview of Tuesday's presentation: PATHSTAR is committed to inspiring, revitalizing and supporting wholesome practices that will restore sustainable health to children, families, and communities.

3:00 PM - 3:30 PM

Kon Tiki Ballroom

Cynthia King, Owner, The Herb Shed

Botanical Restorative Balance

This session is about restoring emotional and mental balance through the use of essential oils.

3:30 PM - 4:30 PM

Kon Tiki Ballroom

Barbie Johnson, Director Health Education / Diabetes Kon Program, Mescalero Apache Tribe (Cherokee)

ADAPT: Accelerate Daily Active Physical Training

Sedentary lifestyles are common for a majority of the population. If you are not getting at least 150-200 minutes of continuous non-stop exercise per week, you are in the sedentary category. With so many health issues related to our lifestyles we need to make CHANGES!

4:30 PM - 5:30 PM

Upstairs Kon Tiki Foyer

Welcome Gathering/Reception

Tuesday, April 23, 2019

8:15 AM - 9:00 AM

Upstairs Kon Tiki Foyer

Continental Breakfast

7:00 AM - 5:00 PM

Upstairs Kon Tiki Foyer

Exhibits Open

7:00 AM - 5:00 PM

Upstairs Kon Tiki Foyer

Registration

GENERAL SESSION

8:45 AM - 9:00 AM

Kon Tiki Ballroom

Welcome and Opening Remarks

Featuring **Master of Ceremonies Patrick Trujillo**, Private Consultant (Cochiti Pueblo/Jemez Pueblo)

Dr. Norma Neely, Emeritus Director of American Indian Institute (Citizen Potawatomi Nation)

KEYNOTE ADDRESS

9:00 AM - 9:45 AM

Kon Tiki Ballroom

Featuring **Keynote Speaker Dr. Steve Sroka**

“You have the Power of One to start a fire, but you need the Power of Many to keep the fire burning”

Relationships may be the most important variable in American Indian wellness education. Challenges addressed are communication, collaboration, cultural competency, and caring. The program is filled with “tips from the rez” to help you so you can learn more and live better. Dr. Stephen Sroka has spoken worldwide with The Power of One message, how one person can make a difference. Three years ago, Steve died while presenting a school in-service. Educators saved his life and changed his message. He now talks about The Power of Many, how it takes a rez to make a difference. Research-based and reality-driven, this session offers honesty, humor, and hope. It has been noted it may even change your life professionally and personally. Let’s see if it can spark the fire within you!

9:45 AM - 10:00 AM

Upstairs Kon Tiki Foyer

Healthy Break

SESSION 1 – CONCURRENT SESSIONS

10:00 AM - 11:00 AM

Macaw

Charlotte Ross, Consultant & Trainer, Charlotte Ross Consulting (Montreal Lake Cree Nation)

Embracing Humor as Resilience

As Native people across Turtle Island, we have had a strong resilient history that includes humor as our strength. We will learn about healthy humor vs. shaming humor from examples that cross the border between Canada and the US. Through unpacking our histories, our languages and traditional practices become a central focus of who we are. You will be able to identify elements of healthy humor, shaming humor and strategies to embrace wellness using laughter. In the process, we will

learn the importance of physical, emotional, mental, and spiritual balance on our wellness journey. Be prepared in this session to have moderate movement and extreme peaks of laughter splattered with the occasional knee slapping movements accompanied by having fun.

10:00 AM - 11:00 AM

Boardroom East

Barbie Johnson, Director Health Education / Diabetes Kon Program, Mescalero Apache Tribe (Cherokee)

ELDERCISE

As we age exercise can become more challenging but it’s important that seniors continue to be as active as possible. Increase all daily activities such as household chores, yard work, carrying groceries, and move more, sit less. This exercise class will give you some options for fun exercise that include Cardio Fitness, Strength, and Flexibility. Come enjoy exercise class and have FUN!

10:00 AM - 11:00 AM

Cockatoo

Daylene Anderson, Nutrition Educator (San Carlos Apache Tribe)

Happy Kids = Healthy Kids

The vision, a healthy and happy future on our reservation starts with teaching our kids to live a healthy and happy life. A review of the different programs and activities have been offered to the younger population on the San Carlos Apache Reservation. All of the programs that have been started have two common rules: 1) you can never say “No” or “Don’t” and 2) No child is forced to participate. This is a helpful tool to share ideas on how to get children engaged in participating in healthy programs. Some of the helpful tips that will be shared will include not only the successes but the failures and challenges of the programs. Shared programs will be the youth garden club, the running club, the teen cooking classes, and helpful camp collaborations.

VISIT OUR VENDORS AND EXHIBITORS!

10:00 AM - 11:00 AM

Rousseau Center

Anita Cota Soto, Case Manager (Pascua Yaqui Tribe)

Cultural based life skills

Cultural based life skills is a means of connecting young people to the healing virtues of our communities.

10:00 AM - 11:00 AM

Toucan

Dr. Steve Sroka

Up close and personal with Dr. Steve. Garner a few tips and free strategies to take back to the rez

Questions will be addressed about the keynote. Strategies will address the use of native creativity, stress management, storytelling, learning styles, motivation, and humor. This session will provide free brain-based strategies you can use today. A very creative Native-based strategy to address these issues will be demonstrated. Don't leave this conference without them!

9:45 AM - 10:00 AM

Upstairs Kon Tiki Foyer

Visit Exhibitors/Vendors Break

SESSION 2 – CONCURRENT SESSIONS

11:15 AM - 12:15 PM

Cockatoo

Nancy Iverson, Director, PATHSTAR, Michelle Carlow, Bessie LeBeau, Samantha White (Oglala Sioux), Michelle Deason (United Keetooah Band of Cherokee Indians), Carol Shopteese (Prairie Band Potawatami Nation), KC Fallon (Navajo Nation), Savannah Trujillo

Reclaiming Healthy Futures

If present trends continue, one of two AI/AN children born after the year 2000 will develop diabetes. It doesn't have to be this way. Healthy life style and nutrition practices can alter this horrific disease trajectory, and PATHSTAR is committed to inspiring and revitalizing these by recognizing influences (both health-affirming and unhealthy) and supporting wholesome practices that will reverse the present dire health predictions and restore

sustainable health to children, families, and communities. The preparation for and participation in the PATHSTAR Alcatraz Swim Week (PASW), the core PATHSTAR program, includes experiential nutrition education, goal-setting, meal preparation, physical activities (including open water swimming), with attention to ways in which family dynamics, cultural practices, community resources, and policies all impact health outcomes related to nutrition and lifestyle. The week culminates with a swim from Alcatraz Island to the San Francisco shore. Participants set goals that reflect deepening their own commitment to sustainable health and well-being practices and serving as catalysts for inspiring self-reliance and optimism within their families and communities. 2018 PATHSTAR Alcatraz Swim Week participants, and Nancy Iverson, PATHSTAR founder, will share their challenges and successes during the PASW and in their return to their families and communities at home. Our interactive presentation will demonstrate aspects of PATHSTAR's process and explore interventions and their implications.

11:15 AM - 12:15 PM

Toucan

Chris Johnson, Manager, American Indian Cancer Foundation (Sisseton Wahpeton Dakota)

Daanis Chosa

Reclaiming Indigenous Food Relationships: Improving Health with Culture

The wisdom to improve health is ingrained within tribal communities. Revitalizing Indigenous food and culture is important for restoring health across Indian Country. Prevention strategies rooted in knowledge of customs and cultural traditions are proving to be promising practices for elevating the health of American Indian/Alaska Native (AI/AN) people. This breakout session will be presented by the American Indian Cancer Foundation (AICAF) where they will share a newly developed resource, Reclaiming Indigenous Food Relationships: Improving Health with Culture. This resource recognizes and honors cultural foodways as being central to life and serves as a valuable tool for integrating culture into efforts to restore health for AI/AN people. By exploring the traditional teachings that connect all parts of life to food and health, it is designed to support Indigenous people in achieving their

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best health. This highly interactive workshop provides participants with strategies and tools to implement comprehensive healthy eating initiatives in their communities by applying a culture as prevention model. Presenters will also share innovative success stories of how the framework has advanced healthy Native foods initiatives and highlight areas for potential partnerships., Associate Research Psychiatrist, American Indian Counseling Center.

11:15 AM - 12:15 PM

Macaw

Jill Fox, Coordinator, Oklahoma Tribal Engagement Partners (Chickasaw)

Eagle Adventure: School Based Programming to Prevent Type 2 Diabetes

In this session we will share information about the Eagle Adventure Program, a Type 2 diabetes education and primary prevention program designed for youth in first to third grades based on the CDC Eagle Book series. The program was developed based on research with Native American families living in Southern Oklahoma. We will discuss the community based research process, program development using the socio-ecological model and program outcomes among youth and families. We will also share our social marketing campaign “Diabetes is Not our Destiny,” a Native American focused intergenerational approach to diabetes prevention.

11:15 AM - 12:15 PM

Boardroom East

Barbie Johnson, Director Health Education / Diabetes Kon Program, Mescalero Apache Tribe (Cherokee)

ADAPT: Accelerate Daily Active Physical Training

Sedentary lifestyles are common for a majority of the population. If you are not getting at least 150-200 minutes of continuous non-stop exercise per week, you are in the sedentary category. With so many health issues related to our lifestyles we need to make CHANGES!

11:15 AM - 12:15 PM

Rousseau Center

Patrick Trujillo, Private Consultant (Cochiti Pueblo/Jemez Pueblo)

Spirituality: The Foundation Healing

A recent trend in health care among Native American peoples has been the inclusion of Native American healing methods along with Western medical methodologies. The Native American people recognize and express the need for holistic healing which is not limited to physical symptoms, but also includes the balance of the spiritual, mental, and emotional components that are integral to individual health. This presentation will include discussion and ways to implement this process into our lives.

12:15 PM - 1:00 PM

Beach

Healthy Lunch provided

KEYNOTE ADDRESS

1:00 PM - 1:45 PM

Kon Tiki Ballroom

Featuring **Keynote Speaker, Dr. Ronald Shaw**

“Opiate Use Disorder in Indian Country”

A review of treatment options for tribal nations in instituting evidence-based therapy.

1:45 PM - 2:00 PM

Upstairs Kon Tiki Foyer

Visit Exhibitors/Vendors Break

SESSION 3 – CONCURRENT SESSIONS

2:00 PM - 3:00 PM


Macaw

Birdie Wermey, Project Specialist, NW Portland Area Indian Health Board (Cheyenne and Arapaho Tribes of Oklahoma)

Wellness in the Workplace

The Northwest Portland Area Indian Health Board (NPAIHB) has a wellness policy allowing staff 30 minutes

VISIT OUR VENDORS AND EXHIBITORS! 7



of paid wellness time, during a workday to participate in healthy activities. The goal of this policy is to break up the 8-10-hour day(s) of work by getting up and moving. We will cover our wellness policy and provide other materials and tools surrounding wellness in the workplace. Our wellness activities include daily workouts such as running, walking, yoga, pilates, stairs, biking, crossfit, and crafting.

2:00 PM - 3:00 PM

Boardroom East

Ramona Medicine Horse, Director,
Shoshone-Bannock Tribes

Work and Cultural Difference

I am a Shoshone-Bannock Tribal member. I have worked with the Vocational Rehabilitation Program more than ten years, the mental health field for 12 years—working with youth and adults for the state of Idaho, and also worked in a homeless shelter. In this time I have seen how the effects of historical trauma, drugs and alcohol have affected our people for many years. This is a time to make change with ourselves and others. Learn to forgive and let go of hatred.

I am Licensed Master Social Worker. I love my work and seeing success with our people. I'm a mother of two adult children, one of whom passed away before her time. My son has blessed me with four wonderful grandchildren, ages 15 years to nine months. I also have three cats and my mother. I love them all dearly. I also have experienced great losses and now see how the effects of these kinds of losses creates a disruption in my life and our society.

2:00 PM - 3:00 PM

Rousseau Center

Patrick Trujillo, Private Consultant (Cochiti Pueblo/Jemez Pueblo)

Power to Heal, Power to Love

Most of us don't realize as individuals we have the capacity to heal ourselves from many of the afflictions that put us in a state of imbalance. Sometimes we have to give ourselves "permission" to see this inner strength and capacity. One of the paths to personal healing is our willingness to embrace intimacy and love. In this practical yet inspiring session, discussion topics will include dealing with family hurts in coping and dealing with the

disease of diabetes, the effect diabetes has on each family member. Upbringing, life's lessons, personal vision, and learning to embrace love as powerful medicine for healing. This workshop also will discuss how to maintain a better way of life in living with the disease of diabetes on a daily basis.

2:00 PM - 3:00 PM

Cockatoo

Brenda Sanchez Ortiz, Project Director, TMF Health
Quality Institute

Everyone with Diabetes Counts! A Community Model to Address Diabetes Disparities

The *Everyone with Diabetes Counts!* Project is a national initiative funded by the Centers for Medicare & Medicaid Services. As a Quality Improvement Network, TMF Health Quality Institute has led the EDC program since 2010, helping lead pilot projects that developed into a national program funded by CMS. TMF has already improved the lives of nearly 17,000 persons with diabetes, with more than 60 percent being Medicare beneficiaries. TMF also has trained more than 1,100 new diabetes workshop educators to go into communities and teach the proven life-saving and life-enhancing skills to people with diabetes. TMF will share their successful model to spread the program and create access to diabetes self-management education in underserved communities.

2:00 PM - 3:00 PM

Toucan

Cynthia King, Owner, The Herb Shed

The Purifiers

The purifiers are sacred Native Herbs for purifying protection and help. This is a hands-on make and take workshop on how to use our Native herbs and oils for purification and protection while working in social justice, mental health, recovery, and wellness programs. We will be creating pocket smudges and clearing sprays.

3:00 PM - 3:15 PM

Upstairs Kon Tiki Foyer

Visit Exhibitors/Vendors Break

SESSION 4 – CONCURRENT SESSIONS

3:15 PM - 4:15 PM

Toucan

Melanie Smokey, Native Wellness Advocate, Alpine County Behavioral Health Services(Shoshone/Washoe)

Gathering Traditional Medicine

Plants are born knowing their jobs; it's up to us to accept their gifts. Many plants are vanishing and need our help. We need people to visit our plant relatives, to establish the relationships needed to keep our people and our natural healers alive and healthy. Many of us live near busy highways and cities and struggle due to harvesting issues such as spraying of pesticides, pollutants, over population, and lack of water resources. Come and sample some tea, and talk about our natural resources and how we can utilize our plants in everyday life.

3:15 PM - 4:15 PM

Cockatoo

Cecilia Chapman, Bilingual Clinical Diabetes Educator, About Lifestyle, Inc.

Managing TYPE II Diabetes

Objectives:

- Brief description of Diabetes and what the numbers mean.
- How to manage Diabetes with nutrition, physical activity.
- The importance of self-monitoring and how it helps to manage Diabetes.
- The challenges weight management.
- How to be successful.
- Why are medications and/or insulin necessary in managing Diabetes.

3:15 PM - 4:15 PM

Boardroom East

Carol LaRue, Licensed Occupational Therapist, Coach, Speaker, Founder, LifeCentrics

Fierce Resilience: Embodying Balance Through the Wisdom of Nature

Our fast-paced, concrete world can cut us off from the healing guidance of nature's cycles and rhythms. Remembering, waking up to, and allowing ourselves to be present in the natural world—through engagement of our

senses—can lead us into a joyous dance of inner balance and fierce resilience. We as humans have the ability to 'mirror' the innate resilience that our Mother Earth possesses—in the face of chaos, stress, overwhelm, and depletion—often seen through winds, floods, fires, and earthquakes on a worldwide level. In this session, we will discover ways to embody and embrace the elements of change while creating balance that supports us every day being in wholeness and fierce resilience! We will use tools of self-assessment, reflection, mindful movement, meditation, and music for a highly interactive experience.

3:15 PM - 4:15 PM

Rousseau Center

Susan Kreager, Director, Northern Arapahoe Diabetes Awareness Program (Northern Arapaho)

Community Engagement to Prevent Diabetes

Presentation will review methods to engage community members in activities to promote behavior change to manage and prevent diabetes.

3:15 PM - 4:15 PM

Macaw

Lani Sol, Indigenous Wellness Coach, Healing House – A Safe Space for Sacred Soul Searching (Iroquois)

Nurturing Self-Care Practices through the Arts, Movement, and Reflection

The goal of this interactive workshop is to provide a safe space for people to learn about self-care practices to improve their mind, body, and soul wellness and prevent burnout. As indigenous people, the work of organizing and social action outreach can be very rewarding, yet very taxing in terms of mental and physical fatigue. Our ability to have a healthy relationship with ourselves sets the tone for all other relationships. During the workshop attendees will get a chance to take time from busy schedules and learn about tools and resources that can be used to create a customized self-care plan. These skills allow us to better cope with empathy, anxiety, stress, and other emotions.

VISIT OUR VENDORS AND EXHIBITORS! 9

SPECIAL SESSION

4:20 PM - 5:20 PM

Kon Tiki Ballroom

Patrick Trujillo, Private Consultant (Cochiti Pueblo/Jemez Pueblo)

Healing Circle

Wednesday, April 24, 2019

8:15 AM - 9:00 AM

Upstairs Kon Tiki Foyer

Continental Breakfast

7:30 AM - 5:00 PM

Upstairs Kon Tiki Foyer

Exhibits Open

7:30 AM - 5:00 PM

Upstairs Kon Tiki Foyer

Registration

KEYNOTE ADDRESS

9:00 AM - 9:45 AM

Kon Tiki Ballroom

Featuring **Keynote Speaker, Jason Champagne**

“A Native Chef’s Journey in Search of Health & Wellness”

Native Chef Jason Champagne, MPH, shares with the audience his own personal journey in search of health and wellness in his own life. Hear the struggles he faced and how he overcame severe health issues by using food as medicine, along with a very strict and consistent workout regimen. He will share the long journey he endured to obtain his education, the struggles he faced and the successes he has had. He will also talk about his own business he started called Native Chef LLC. Through his business, he provides outreach education using culinary arts in an attempt to better the overall health and wellbeing of Native American populations. He will share the positive impact it has made with the tribes he has worked with to the present.

9:45 AM - 10:00 AM

Upstairs Kon Tiki Foyer

Healthy Break

SESSION 5 – CONCURRENT SESSIONS

10:00 AM - 11:00 AM

Rousseau Center

Daylene Anderson, Nutrition Educator (San Carlos Apache Tribe)

Happy Kids = Healthy Kids

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10:00 AM - 11:00 AM

Cockatoo

Ramona Medicine Horse, Director, Shoshone-Bannock Tribes

Work and Cultural Difference

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10:00 AM - 11:00 AM

Boardroom East

Patrick Trujillo, Private Consultant (Cochiti Pueblo/Jemez Pueblo)

Using Humor to Rekindle the Spirit Within

Parents, teachers, counselors, community health representatives, and direct service providers often give their time, attention, and compassion to the people they serve at the cost of their own wellness. Learn how to develop a wellness plan and how spirituality is important through this process. Spirituality and humor are two primary strengths and resiliency factors for Native American people. This highly interactive and lively workshop combines stories, laughter, movement, music, and prayer as a journey to healing. Be prepared to have fun during this highly interactive workshop.

10:00 AM - 11:00 AM

Toucan

Lani Sol, Indigenous Wellness Coach, Healing House – A Safe Space for Sacred Soul Searching (Iroquois)

Nurturing Self-Care Practices through the Arts, Movement, and Reflection

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11:00 AM - 11:15 AM

Upstairs Kon Tiki Foyer

Visit Exhibitors/Vendors Break

GENERAL SESSION & KEYNOTE ADDRESS

11:15 AM - 12:15 PM

Kon Tiki Ballroom

Featuring **Keynote Speaker – Mashell Sourjohn**

“In a Livable Community, People of All Ages Can”

Join us for an interactive conversation on our AARP Livable Communities initiative, and learn more about how to access FREE community building resources and tools available from AARP. Participants will be connected to unique livable community resources, community and home assessment tools and family caregiving resources that matter to you, your family, and your community. What we do might surprise you. We're all about real possibilities www.aarp.org/nativeorigins

VISIT OUR VENDORS AND EXHIBITORS!

12:15 PM - 1:00 PM

Beach

Healthy Lunch provided

SPECIAL SESSION

1:00 PM - 1:30 PM

Kon Tiki Ballroom

Carol LaRue, OTR/L, LifeCentrics, LLC

Minding Your Mind: Harnessing the Power of Thought for Presence, Possibility, and Positivity

Our reality and everyday experience is a reflection of our thoughts – our knowledge, perceptions, experiences and interpretations of life events. The ‘magic’ of our mind is created by how we choose to see our self – at home and at work, how we see the world, and what we choose to give our attention to. The saying, “Change your mind, change your world” really is true!

In this presentation we will experience and practice the benefits of mindfulness, presence, focused attention, interpretation, and the benefits of creativity and quieting the mind. What do you want in this world? Think it, visualize it, feel it, and believe it. What do you have to lose?

1:30 PM - 1:45 PM

Upstairs Kon Tiki Foyer

Visit Exhibitors/Vendors Break

SESSION 6 – CONCURRENT SESSIONS

1:45 PM - 2:45 PM

Macaw

Melanie Smokey, Native Wellness Advocate, Alpine County Behavioral Health Services (Shoshone/Washoe)

Gathering Traditional Medicine

Plants are born knowing their jobs; it’s up to us to accept their gifts. Many plants are vanishing and need our help. We need people to visit our plant relatives, to establish the relationships needed to keep our people and our natural healers alive and healthy. Many of us live near busy highways and cities and struggle due to harvesting issues such as spraying of pesticides, pollutants, over

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Cockatoo

Birdie Wermey, Project Specialist, NW Portland Area Indian Health Board (Cheyenne and Arapaho Tribes of Oklahoma)

Wellness in the Workplace

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1:45 PM - 2:45 PM

Boardroom Center

Ramona Medicine Horse, Director, Shoshone-Bannock Tribes

Historical Trauma from a Personal Perspective

“Telling my history of the effects of the boarding school era generations.” I’ve seen the long-term effects of how the trauma has effected many of my generation and yet younger generation as well. The loss of respect of elders, traditional values lost, and role reversal all will be discussed.

1:45 PM - 2:45 PM

Toucan

Chris Johnson, Manager, American Indian Cancer Foundation (Sisseton Wahpeton Dakota)

Daanis Chosa

Reclaiming Indigenous Food Relationships: Improving Health with Culture

The wisdom to improve health is ingrained within tribal communities. Revitalizing Indigenous food and culture is important for restoring health across Indian Country. Prevention strategies rooted in knowledge of customs and cultural traditions are proving to be promising practices for elevating the health of American Indian/Alaska Native (AI/

AN) people. This breakout session will be presented by the American Indian Cancer Foundation (AICAF) where they will share a newly developed resource, Reclaiming Indigenous Food Relationships: Improving Health with Culture. This resource recognizes and honors cultural foodways as being central to life and serves as a valuable tool for integrating culture into efforts to restore health for AI/AN people. By exploring the traditional teachings that connect all parts of life to food and health, it is designed to support Indigenous people in achieving their best health. This highly interactive workshop provides participants with strategies and tools to implement comprehensive healthy eating initiatives in their communities by applying a culture as prevention model. Presenters will also share innovative success stories of how the framework has advanced healthy Native foods initiatives and highlight areas for potential partnerships., Associate Research Psychiatrist, American Indian Counseling Center

2:45 PM - 3:00 PM
Upstairs Kon Tiki Foyer
Healthy Break

SESSION 7 – CONCURRENT SESSIONS

3:00 PM - 4:00 PM
Rousseau Center
Charlotte Ross, Consultant & Trainer, Charlotte Ross Consulting (Montreal Lake Cree Nation)
Embracing Humor as Resilience
As Native people across Turtle Island, we have had a strong resilient history that includes humor as our strength. We will learn about healthy humor vs. shaming humor from examples that cross the border between Canada and the US. Through unpacking our histories, our languages and traditional practices become a central focus of who we are. You will be able to identify elements of healthy humor, shaming humor and strategies to embrace wellness using laughter. In the process, we will learn the importance of physical, emotional, mental, and spiritual balance on our wellness journey. Be prepared in this session to have moderate movement and extreme peaks of laughter splattered with the occasional knee slapping movements accompanied by having fun.

3:00 PM - 4:00 PM
Cockatoo
Susan Kreager, Director, Northern Arapahoe Diabetes Awareness Program (Northern Arapaho)
Community Engagement to Prevent Diabetes
Presentation will review methods to engage community members in activities to promote behavior change to manage and prevent diabetes.

3:00 PM - 4:00 PM
Boardroom East
Daniel Dickerson, Associate Research Psychiatrist, American Indian Counseling Center, Melanie Cain, Ph.D., Belinda Najera, Ph.D., Iva Maes, Peer Advocate/Volunteer
Gardening for Health Using Traditions
American Indians/Alaska Natives (AI/ANs) have among the highest rates of co-occurring psychiatric disorders and diabetes compared to other ethnic/racial groups in the U.S. Furthermore, although approximately 70 percent of AI/ANs reside in urban areas, very few evidence-based culturally tailored diabetes prevention interventions targeting urban AI/AN adults with mental health disorders are available. Gardening for Health Using Traditions (GHUTS) is a new culturally-appropriate diabetes prevention intervention for urban AI/AN adults with psychiatric disorders utilizing gardening. The purpose of this workshop is to provide an overview of qualitative data generated from focus groups conducted among: 1) urban AI/AN adults who are receiving mental health services in Los Angeles County, 2) mental health and physical health providers who serve urban AI/ANs, and 3) the GHUTS community advisory board. Information gathered assists our understanding of the mental health and diabetes prevention needs of urban AI/ANs in Los Angeles County and provides suggestions for the cultural appropriateness of the GHUTS protocol.

3:00 PM - 4:00 PM
Macaw
Athena Crozier, Damen Romo, Elijah Lee
Diabetes Prevention and Management: Reaching the Community through Employees
The Hualapai Tribal Community is located on a one million acre reservation along the south rim of the Grand Canyon in northwest Arizona. The on-reservation population is

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approximately 2000, with 67% being adults > 19 years of age. The 2018 estimate of diabetes prevalence in adults is 15.1%. Diabetes and complications are primary causes of illness in our community. An innovative strategy is needed. Since most households have one or more members who are tribal employees, the Hualapai Tribe is turning to its employees to adopt and model the health behaviors needed in the community. Employees Working 4 Health (EW4H): 1) offers health assessments at the worksite including the remote locations; 2) provides group and individual physical fitness training and diabetes prevention education classes to fit into employees' work schedule; 3) coordinates community-wide walking and weight loss challenges so employees can recruit their family members to participate in healthy behaviors; and 4) serves on annual event planning committees to integrate walks/run into all community events, e.g., La Paz Memorial Run, Indian Days, Red Ribbon Week, etc. The goal is to change acceptable norms, by motivating our community members to be active and make healthy food choices.

3:00 PM - 4:00 PM

Toucan

Jason Champagne, Native Chef, LLC

Food is Life's Medicine; Who Knew Sautéed Vegetables with No-Salt Could Taste So Good!

In this engaging cooking demonstration, Native Chef Jason Champagne provides a visual experience on how to make a simple nutrient-dense, carb-friendly, no-sodium vegetable dish look amazing and taste even better. Chef Jason demonstrates simple knife cuts to make vegetables look more appealing. He shares on how to use colors in dishes and enhance flavors with fresh herbs and lime juice in place of salt. He will provide tips for participants on how to enhance a plate presentation, understand portion control, and leave with increased confidence the audience can do these simple sautéed dishes easily at home.

SPECIAL SESSION

4:05 PM - 5:05 PM

Kon Tiki Ballroom

Patrick Trujillo, Private Consultant (Cochiti Pueblo/Jemez Pueblo)

Healing Circle

Thursday, April 25, 2019

8:15 AM - 9:00 AM

Upstairs Kon Tiki Foyer

Continental Breakfast

7:30 AM - 1:00 PM

Upstairs Kon Tiki Foyer

Exhibits Open

7:30 AM - 1:00 PM

Upstairs Kon Tiki Foyer

Registration

9:00 AM - 9:15 AM

Kon Tiki Ballroom

Opening Remarks

Featuring **Master of Ceremonies Patrick Trujillo**, Private Consultant (Cochiti Pueblo/Jemez Pueblo)

VISIT OUR VENDORS AND EXHIBITORS!



SPECIAL SESSION

9:15 AM - 9:30 AM

Kon Tiki Ballroom

Barbie Johnson

“Chair Exercises – Time to Move”

Chair Exercise is an adaptive approach to traditional exercise routines—only done in a seated position. It is ideal for people with lower body injuries or disabilities, those with weight issues, diabetes, or the individual looking for a change from traditional exercise routines. Chair Exercise is a total body workout incorporating all the components of fitness. It teaches that exercise can be done by anyone!

CLOSING SESSION & KEYNOTE ADDRESS

9:30 AM - 10:30 AM

Kon Tiki Ballroom

Featuring **Keynote Speaker – Anthony Ramirez**, Exercise Specialist, Sac and Fox Nation of Oklahoma

“How a Health Fair is Built”

We will be going over in detail how a large health fair can be established to reach the community and target all areas of health care; including mental health, addiction, Veteran Affairs, hospice, diabetes, heart disease, and exercise. At the Sac and Fox Nation we hold a once-a-year health fair in July that will see anywhere from 400-600 Native Americans from a plethora of different tribal affiliations throughout Oklahoma, Kansas, and other surrounding states in attendance for our annual powwow.

10:30 AM - 10:45 AM

Upstairs Kon Tiki Foyer

Healthy Break

10:45 AM - 12:00 PM

Kon Tiki Ballroom

Closing Circle

Featuring **Master of Ceremonies Patrick Trujillo**, Private Consultant (Cochiti Pueblo/Jemez Pueblo)

12:00 PM - 1:00 PM

Upstairs Kon Tiki Foyer

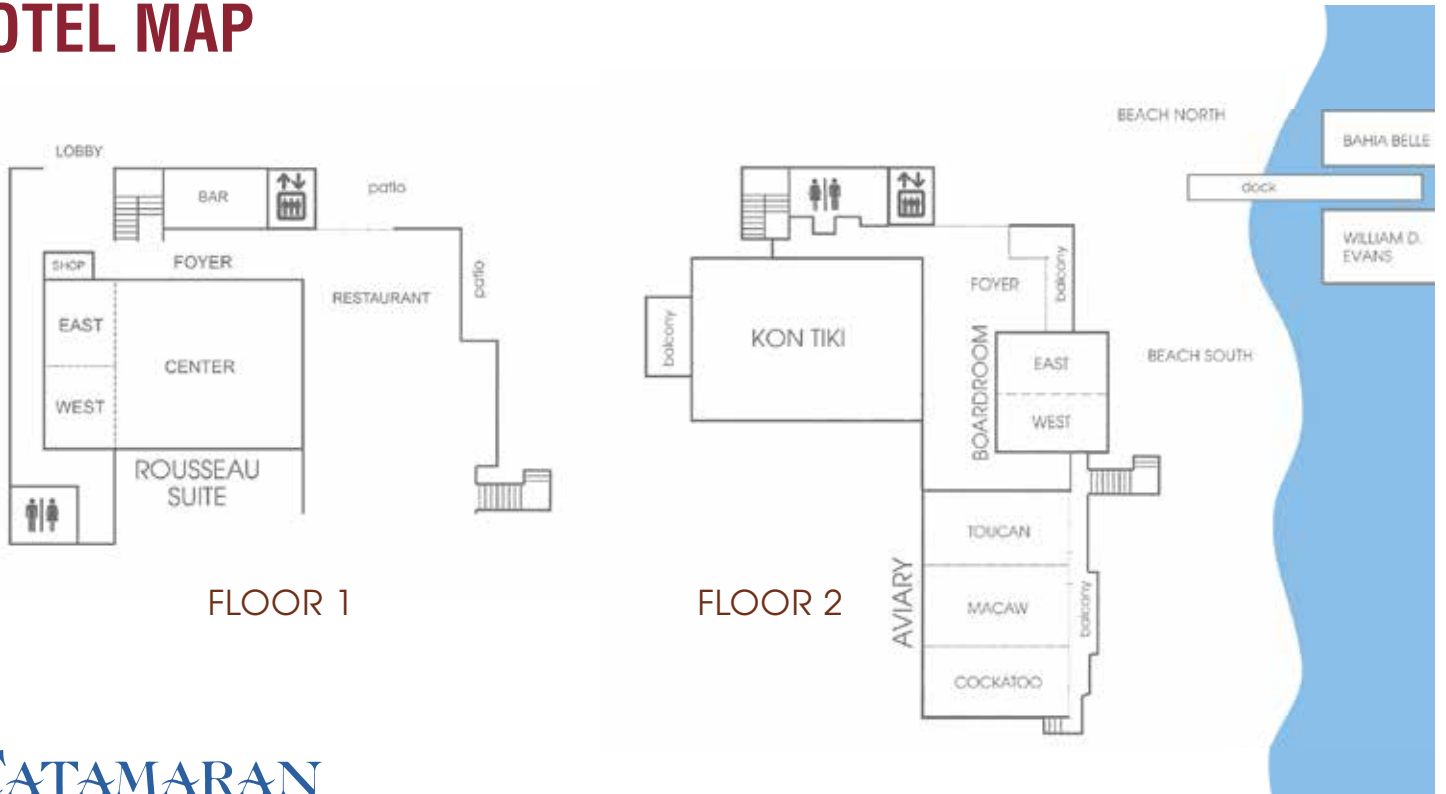
Distribution of CEU’s and Evaluations

Continuing Education

General CEUs: The University of Oklahoma will provide 1.5 CEUs or 15 contact hours to any participants seeking continuing education. No cost.

Please visit the 18th Native Women & Men’s Wellness Conference website for additional updates to the schedule and program agenda. Thank you for your attendance!

HOTEL MAP



CATAMARAN
RESORT HOTEL
and Spa

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