

AMERICAN INDIAN INSTITUTE
The UNIVERSITY of OKLAHOMA

19th Annual Native Diabetes Prevention Conference

February 12-15, 2017
Phoenix, Arizona





Contents

Page	
3	Welcome to the Conference
4	Conference Information
5-6	Conference Overview
7	Master of Ceremonies
7	Welcome Reception
8	Opening Remarks and Keynote Speaker
9-10	Session 1 - Workshops
11-12	Session 2 - Workshops
13-14	Session 3 - Workshops
15-16	Session 4 - Workshops
17	Keynote Speaker
18-19	Session 5 - Workshops
20-21	Session 6 - Workshops
22	Session 7 - Workshops
23	Closing Circle
	Back Cover: Exhibitors and Vendors

Save the Date!

16th Annual Native Women and Men's Wellness Conference

April 17 – April 20, 2017

San Diego, California

American Indian Institute

University of Oklahoma OUTREACH

See You There!



Catamaran Resort



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 2017 19th Annual Native Diabetes Conference. We are honored by your presence as we come together to protect generations from diabetes. 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!!!!

Sincerely,

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

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 60 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

Upcoming Events

16th Annual Native Women and Men's Wellness Conference

San Diego, California April 17 – April 20, 2017

Stresscare Mastery & Mentor Training (Follows Wellness Conference)

San Diego, California April 20-22, 2017

Native Fitness Training (Follows Wellness Conference)

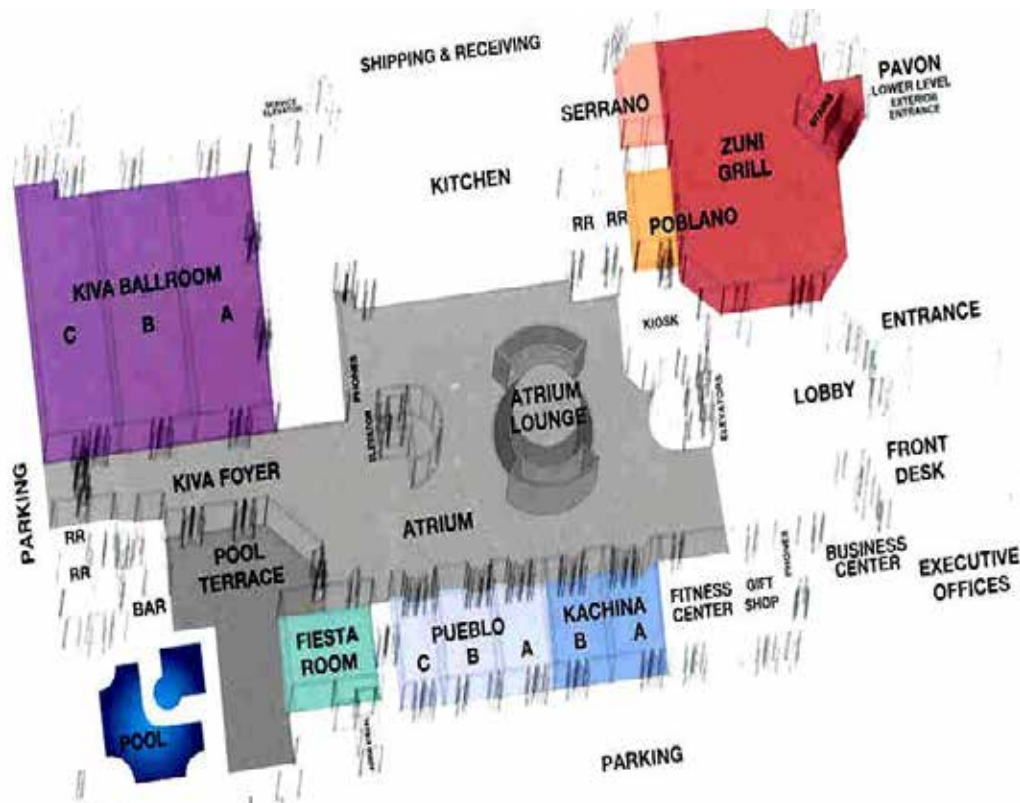
San Diego, California April 20-22, 2017

Native American Education Summit

Moore-Norman Technology Center
Oklahoma City, Oklahoma July 25-26, 2017

Be sure to visit our vendors and exhibitors!

Conference Information



Getting Around Phoenix

Conference Hotel

The Hilton Phoenix/Mesa provides convenient accessibility to the many engaging activities of the Valley of the Sun. The conference hotel is just minutes to downtown Phoenix and Scottsdale, convenient to Chandler, Tempe and Gilbert, across the street from Fiesta Mall, 15 minutes from Sky Harbor International Airport and Phoenix Mesa Gateway Airport. Distinctive amenities and services include: LCD TVs in all guest rooms, Executive Lounge, a 24-hour Precor fitness center, adjacent nine-hole executive golf course, business center, Zuni Grill, Atrium Bar, room service and three-mile complimentary shuttle.

Transportation

- Hertz car rentals are available at the conference hotel for conference participants interested in exploring the city.
- Super Shuttle—We've reserved a discount through Super Shuttle for reservations made online (\$2 off one-way, \$4 off round-trip). Visit www.supershuttle.com. You must use the group code: TSDVT.
- Metro Light Rail—All day pass is \$4 with more than 28 stations connecting Phoenix, Tempe and Mesa. visit www.valleymetro.org for more information.

All Things Phoenix

Visit the Phoenix Visitors Bureau website for all things Phoenix. It's a wonderful resource for things to see, places to eat (with lists for specialty diets) and navigating the city. Visit www.visitphoenix.com to learn more.

Conference Overview

February 12-15, 2017				
	Sunday	Monday	Tuesday	Wednesday
		Registration 7:30 - 9 a.m. Exhibits 7:30 a.m. – 4:30 p.m.	Registration 7:30 - 9 a.m. Exhibits 7:30 a.m. – 4:30 p.m.	Registration 7:30 - 9 a.m. Exhibits 7:30 a.m. – 12 p.m.
6:30 - 8:00 a.m.		Breakfast (for hotel guests)	Breakfast (for hotel guests)	Breakfast (for hotel guests)
8:30 - 10:00 a.m.		Opening General Session and Keynote	Session 4 Concurrent Workshops	General Session and Keynote
10:00 - 10:30 a.m.		Break	Break	Break
10:30 a.m. - 12:00 p.m.		Session 1 Concurrent Workshops	General Session and Keynote	Closing Circle 10:30 a.m. – 12:00 p.m. Distribution of CEUs 10:30 a.m. – 12:00 p.m.
12:00 - 1:15 p.m.		Lunch Provided	Lunch Provided	Lunch Provided 12:00 – 1:00 p.m.
1:30 - 3:00 p.m.		Session 2 Concurrent Workshops	Session 5 Concurrent Workshops	Registration for Native Fitness Training and STRESSCARE 1:00 – 2:00 p.m.
3:00 - 3:30 p.m.	2:00 - 5:00 p.m. Pre-Registration and Exhibitor Setup	Break	Break	
3:30 - 5:00 p.m.		Session 3 Concurrent Workshops	Session 6 Concurrent Workshops	
5:30 p.m.	Welcome Reception	Special Wellness Sessions 5:00 p.m. – 6:00 p.m.	Special Wellness Sessions 5:00 p.m. – 6:00 p.m.	



Conference Overview

Sunday, February 12

2:00 p.m. - 5:00 a.m.	Pre-Registration & Exhibitor Setup	Atrium
5:30 p.m.	Welcome Reception	Atrium

Monday, February 13

7:30 a.m. - 9:00 a.m.	Registration	Atrium
7:30 a.m. - 4:30 p.m.	Exhibit Space Open	Atrium
8:30 a.m. - 10:00 a.m.	Opening General Session and Keynote	Kiva A/B
10:00 a.m. - 10:30 a.m.	Break	Atrium
10:30 a.m. - 12:00 p.m.	Session 1—Workshops	(location with workshop description)
12:00 p.m. - 1:15 p.m.	Lunch Provided	Atrium
1:30 p.m. - 3:00 p.m.	Session 2—Workshops	(location with workshop description)
3:00 p.m. - 3:30 p.m.	Break	Atrium
3:30 p.m. - 5:00 p.m.	Session 3—Workshops	(location with workshop description)
5:00 p.m. - 6:00 p.m.	Special Wellness Sessions	Kachina A/B

Tuesday, February 14

7:30 a.m. - 9:00 a.m.	Registration	Atrium
7:30 a.m. - 4:30 p.m.	Exhibit Space Open	Atrium
8:30 a.m. - 10:00 a.m.	Session 4—Workshops	(location with workshop description)
10:00 a.m. - 10:30 a.m.	Break	Atrium
10:30 a.m. - 12:00 p.m.	General Session and Keynote	Kiva A/B
12:00 p.m. - 1:15 p.m.	Lunch Provided	Atrium
1:30 p.m. - 3:00 p.m.	Session 5—Workshops	(location with workshop description)
3:00 p.m. - 3:30 p.m.	Break	Atrium
3:30 p.m. - 5:00 p.m.	Session 6—Workshops	(location with workshop description)
5:00 p.m. - 6:00 p.m.	Special Wellness Sessions	Pueblo A/B/C

Wednesday, February 15

7:30 a.m. - 9:00 a.m.	Registration	Atrium
7:30 a.m. - 12:00 p.m.	Exhibit Space Open	Atrium
8:30 a.m. - 10:00 a.m.	Session 7—Workshops	Kiva A/B
10:00 a.m. - 10:30 a.m.	Break	Atrium
10:30 a.m. - 12:00 p.m.	Closing Circle	Kiva A/B
10:30 a.m. - 12:00 p.m.	Distribution of CEUs/Evaluations	Atrium
12:00 p.m. - 1:00 p.m.	Lunch Provided	Atrium
1:00 p.m. - 2:00 p.m.	Registration for Native Fitness Training	Atrium
	Registration for STRESSCARE	

You are Invited to A Welcome Reception Sunday, February 12: 5:30 p.m.

Atrium Lounge Area

Please join fellow conference participants at a welcome session at the Atrium Lounge Area

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.



*Heard Museum Annual Hoop
Dance Contest*



Opening Remarks

Monday, February 13: 8:30 a.m. - 9:00 a.m.

Kiva A/B Room

Patrick S. Trujillo; Pueblos of Cochiti and Jemez

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

Norman Neely; Ed.D., Director, American Indian Institute, The University of Oklahoma, Public and Community Services

Keynote Speaker

Monday, February 13: 9:00 a.m. - 10:00 a.m.

Kiva A/B Room

Parental Distress in Caring for Children with T1 and T2 Diabetes: Oklahoma Choctaws

*J. Neil Henderson; Director, The American Indian Diabetes Prevention Center
Oklahoma City, Oklahoma*

*Director, Memory Keepers Medical Discovery Team and Health Equity Professor,
Department of Behavioral Health and Population Sciences, University of Minnesota
Medical School, Duluth, Minnesota*



Medical records will show for each disease there is always just a single patient: the one with the disease. However, in a study done in collaboration with the Choctaw Nation of Oklahoma and the American Indian Diabetes Prevention Center at the University of Oklahoma Health Sciences Center, the parents of children coping with diabetes have developed what we call, “Diabetes by Proxy.” This presentation shares actual transcripts of parents describing their micro-behavioral strategies for keeping their child alive. Parental distress can be so extreme parents begin to think and behave as if they have diabetes themselves. This can be very protective of the child but can also place the parents at severe levels of stress.

Session 1

Monday, February 13: 10:30 a.m. - 12:00 p.m.

Kiva A Room

Power to Heal, Power to Love

Patrick S. Trujillo; Pueblos of Cochiti and Jemez

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

Workshop Objectives:

- Understand the importance of self-awareness for healing.
- Increase the knowledge of personal power to heal.
- Build a strong, positive spiritual self.
- Develop dignity, trust, integrity, compassion and pride as you walk in two worlds.
- Support and reconnect with one another.

Most of us don't realize that 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 effects 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.

Kiva B Room

Walk this Weigh

Barbie Johnson; ACSM, NSCA-CPT, LMT, Cherokee, Director, Health Education, Mescalero Apache Tribe

"WALK THIS WEIGH"- This workshop is a 14-step plan for feeling "GOOD." About one-third of the steps deal with nutritional habits. Another third focuses on attitudes and the mind. The last third is focused on movement. WALKING. This fun, energetic and activity based workshop is for anyone who has been on a diet, or for the individual that knows they need to make little lifestyle changes. You will learn, laugh and get great tips that will help you in making *Lifestyle Changes*. What have you got to LOSE?



Front entrance, Phoenix Zoo



Session 1

Monday, February: 10:30 a.m. - 12:00 p.m.

Kiva A/B/C Room

Healing Ancestral Trauma with *The Emotion Code*

Dr. Brad Nelson; Chiropractic Physician; Author, The Emotion Code

Emotionally charged events from the lives of our ancestors can be passed down to us and can haunt us for a lifetime in the form of negative energies known as “trapped emotions.” Not only does our emotional baggage cause many emotional difficulties, it also causes most of our physical pain and is now believed to be a major contributing cause to nearly all human diseases, including cancer.

Led by gifted healer Dr. Bradley Nelson, participants will discover how to release trapped emotions and ancestral trauma energies in themselves and others. Healers, mental and physical health practitioners, and anyone else interested in this transformative therapy will learn how to:

- Heal the true underlying causes of illness
- Access the intelligence of the body with muscle testing
- Use magnets and the acupuncture meridians for instantaneous healing
- Erase hidden blocks to abundance, health and love

Kachina A/B Circle

The Strength of Our People, Our Past and Us as Individuals

Toqua Ticeahkie; Fitness Specialist, CPT, Strong Warriors Founder-Owner, Certified Personal Trainer, Official World Record Holder, Comanche Tribe of Oklahoma

This class will feature program/event success secrets that when followed ensures a successful community program/event. Plus there will be an opportunity for the class to experience firsthand these program/event success secrets in action. This class also will have the opportunity to take part and participate in an activity that will challenge people according to their individual abilities. Based on the Strong Warriors Events & Program: Strong Warriors are driven by something greater, we push ourselves beyond our limits, and we work harder than others because we carry the pride of our heritage through life. We challenge ourselves to do better, to be better and we encourage those around us to do the same. We choose to be strong. We live strong. We are Strong Warriors.

Strong Warriors programs/events assimilate the pride of being a Native American with the pride of living a healthy active lifestyle. The Strong Warriors programs/events empower individuals to take ownership over their health and fitness to establish positive healthy sustainable behavior change. We are Native-owned and operated.

Session 2

Monday, February 13: 1:30 p.m. - 3:00 p.m.

Kiva A Room

Marketing Your Prevention Programs

Steve Rice; Director of Development, American Indian Institute, 49 years of sales and marketing experience

Enjoy a discussion about the six tools of marketing and sales — learn some new ways to market your diabetes prevention program. Learn a new way to hire good sales and marketing people.

Kiva B Room

Health Literacy Awareness

Susan Gay; M.A.Ed., CHES, Public Health Training Coordinator, Southern Plains Tribal Health Board

Most health information is presented in ways that are not understood by the majority of Americans. Health literacy affects everyone who needs health information and services. Health professionals can build their own health literacy skills by becoming familiar with health literacy and the most effective ways to create, provide and communicate health information services. This presentation will explain health literacy and provide participants with practical information on how they can improve health literacy skills.

Goals: To increase awareness of health literacy among session attendees.

Objectives: By the end of the session, participants will be able to:

1. Define health literacy.
2. Describe how limited health literacy can affect health conditions such as diabetes.
3. Explain how improved health literacy can lead to better health outcomes.



Apache Exhibit, Heard Museum

Session 2

Monday, February 13: 1:30 p.m. - 3:00 p.m.

Pueblo A/B/C Room

Is it working? A Workshop on How to Evaluate Your Wellness Program

Erica Blue Roberts; Ph.D., M.H.S., Research Associate, James Bell Associates, Inc., Lumbee Tribe of North Carolina

Julie Morales; Ph.D., Senior Research Associate, James Bell Associates, Inc.

Evaluation is an important process that can tell you whether or not your program was successful and how your program can be improved. Evaluation may be required by a funder and can also provide data that can be used to apply for future funding. But given the unique context of American Indian and Alaska Native communities, how can we successfully evaluate AI/AN health programs? This workshop will (1) provide an overview of evaluation and Indigenous evaluation, (2) present steps for developing and implementing an evaluation, (3) assist attendees in developing an evaluation question and (4) share resources for conducting evaluations.

Kachina A/B Room

San Carlos Apache Healthcare Fitness Centers

Thomas Yazzie; MFS, Master Fitness Specialist, San Carlos Apache Healthcare Corporation, Navajo

The San Carlos Apache Healthcare and Fitness Centers are located in San Carlos and Bylas, Arizona. With the epidemic of diabetes and obesity rising, the diabetes team consists of a Clinical Portion, Fitness Centers and Community Health Educators.

Within the Fitness Centers we have certified fitness trainers and one Master Fitness Specialist who trains those who have chronic illnesses as well as educate staff and the community in wellness and health issues.

Discussion on new innovative ideas on how to gain more clients and intergrate the medical fitness portion to more clients and become a liaison to the health care providers.



Arizona Science Center



Session 3

Monday, February 13: 3:30 p.m. - 5:00 p.m.

Kiva A Room

Elders and Diabetes, and Addressing Chronic Diseases Thorough Cultural Adapted Policy, Systems and Environmental (PSE) Changes

Dr. Babak M. Nayeri; Doctorate in Naturopathic Medicine, BS in Clinic Nutrition, MS in Criminology, Director, Healthy Aging Program, AZ Department of Health Services

Eric Hardy; Bachelor's Degree in American Indian Studies from ASU. Currently completing his Master's in American Indian Studies, Health Promotion Specialist, Inter Tribal Council of Arizona, Inc., Dine'

In 2007 the Arizona mortality rate for American Indians was 201% greater than the general Arizona population. The presentation will cover diabetes among American Indian elders, diabetes being a risk factor in development of other chronic conditions, and the need to invert the barriers as integral to the delivery of cultural appropriate diabetes care.

The Inter Tribal Council of Arizona, Inc. (ITCA) Health and Human Services Program administers the Centers for Disease Control, "A Comprehensive Approach to Good Health and Wellness in Indian Country" project. ITCA provides training and technical assistance to 13 Tribes located in Arizona, Nevada, and Utah to address chronic diseases through community chosen, and cultural adapted Policy, Systems, and Environmental (PSE) changes. The presentation will focus on introducing innovative approaches to combat chronic diseases by addressing historical trauma as the source of PSE changes that have negatively impacted the overall health of tribal communities and utilizing indigenous resilience as a framework for interventions.

Kiva B Room

Everyone with Diabetes Counts (EDC)

Ana C. Guzman-Rojas; M.D., Community Program Specialist, Organization Health Services Advisory Group

Diabetes is a worldwide epidemic: The Centers for Disease Control reports a prevalence of 29.1 million new cases of diabetes in 2014 in the U.S. and 1-in-4 people unknowingly have diabetes. While all populations are effected, minorities are most at risk with Native Americans having the highest prevalence.

Health Services Advisory Group's (HSAG) mission is to improve quality of health care and health outcomes. One way this is achieved is through the Everyone with Diabetes Counts (EDC) program. EDC provides opportunities for participants to expand their knowledge and learn how to better self-manage diabetes. Along with health education, HSAG partners with the wider healthcare community in preventing diabetes and reducing diabetic complications.



Session 3

Monday, February 13: 3:30 p.m. - 5:00 p.m.

Pool

Water Aerobics (weather permitting)

Barbie Johnson; ACSM, NSCA-CPT, LMT, Cherokee, Director, Health Education, Mescalero Apache Tribe

Water Exercise is beneficial for all ages and ability levels. Those recovering from injuries, people with Arthritis and anyone looking for a fun variation from regular exercise. Additionally, water offers 12-15 times the resistance as land, which improves muscle strength. Water also is a great place to perform stretches to improve overall flexibility.



Desert Botanical Garden

Special Wellness Session

Monday, February 13: 5:00 p.m. - 6:00 p.m.

Pueblo A/B/C Room

Healing Circle

Patrick S. Trujillo; Pueblos of Cochiti and Jemez

All are welcome to participate. Come to listen or to share stories, personal experiences or insights about healing from trauma, grief, loss, stress, alcohol or substance abuse, or any other factor that affects your wellness. This circle is a special space for discussing grief, loss, joy and healing guided by traditional healing methods.



Session 4

Tuesday, February 14: 8:30 a.m. - 10:00 a.m.

Kiva A Room

NATIVE HEALTH Diabetes Prevention and Wellness Programs

Susan Levy; Communications Director, NATIVE HEALTH

NATIVE HEALTH will present information on its innovative Diabetes Prevention Programs as well as its wellness and physical activity programs. This includes the Living Well Traditionally Youth Diabetes Prevention Programs, Read It and Eat (a cooking and early literacy program), Cooking Matters, the NATIVE HEALTH Traditional and Community Gardens, harvests, programs and other innovative programing.

Kiva B Room

Communication in the Workplace 101

Celina Mahinalani Garza; Community Wellness Advocate, Native Lifeway, Strong Heart Study, Native Hawaiian

Like most Caretakers, Practitioners, Wellness Advocates and Coaches who work in Indian Country; we are overworked, STRESSED OUT and TIRED. However, we are pleasantly talented and deserving of fun and laughter while we learn! Learn how to push forward in the midst of stress and fall-outs in the workplace due to personality conflicts and underlying pressure that goes unnoticed and overlooked.

Communication in the Workplace 101 speaks directly to Caretakers and Advocates of Diabetes Wellness and the light that is each of us. Participants will feel great, smile and laugh while learning about how and why we communicate and how we can communicate more effectively in 2017 and beyond!

If you don't know your style of communication or you're curious why you can't get along or understand certain people. Join us for a fun, laugh out loud good time experience with de-stressing techniques and a room full of interaction and lively communication!



Desert Botanical Garden



Session 4

Tuesday, February 14: 8:30 a.m. - 10:00 a.m.

Pueblo A/B/C Room

The NATIVE HEALTH: Living Well Traditionally

Katie Carpenter; Ph.D., Diabetes Program Coordinator, Native American Community Health Center

Amanda Chee; Community Health Worker, Native American Community Health Center

Brian Robles; Community Health Worker, Native American Community Health Center

Diabetes Prevention Camp allows urban Native youth ages 9-13 to experience the traditional aspects of summer camp along with healthy lifestyle education. 2015 and 2016 pre- and post-tests completed prior to and following camp show a 126 percent increase in the number of youth who reported having a good understanding of Diabetes Mellitus (DM), a 22 percent increase in those that agreed DM could be stopped or prevented, and a 66 percent increase in those who believed they could prevent DM themselves. Data shows a 187 percent and 169 percent increase in youth who said they would eat less junk food and drink less sugary drinks. 2017 will continue to focus on chronic disease prevention education.

Kachina A/B Room

Using Humor to Rekindle the Spirit Within

Patrick S. Trujillo; Pueblos of Cochiti and Jemez

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

Objectives:

- Increase Self-Esteem
- Increase Self-Awareness
- Establish Personal Boundaries
- Prevent Burnout

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 for also those living with the disease of diabetes. 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.



Keynote Speaker

Tuesday, February 14: 10:30 a.m. - 12:00 p.m.,

Kiva A/B Room

The Power of a Positive Attitude

Steve Saffron; President, Saffron Perspective, Inc.

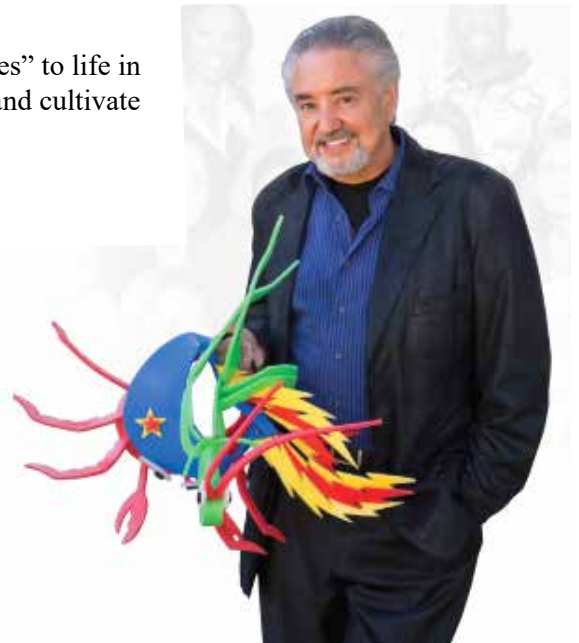
Steve@thekidsgood.com

Your positive attitude is the smartest thing you wear. Learn how to say “Yes” to life in spite of everything. Make life and work more exciting and fun. Discover and cultivate upbeat attitudes and work habits that focus on the positive side of life.

About the Keynoter

Steve Saffron has worked with Native People most of his life as the Director of American Indian Programs at Scottsdale Community College for 25 years. The college is located in the Salt River Pima/Maricopa Indian Community. For eight years he also coordinated the Wellness Program in the Maricopa Community College District that consist of ten community colleges throughout the greater Phoenix area and serves 295,000 students.

Steve is the author of a new book titled: *Living In Two Worlds: What I learned from the Indigenous People of America.*



Phoenix Skyline



Session 5

Tuesday, February 14: 1:30 p.m. - 3:00 p.m.

Kiva A Room

Mindfulness, Movement and Meditation: Transforming STRESS into YES!

Carol LaRue; Licensed Occupational Therapist, Coach, Author, Founder, Sole Proprietor, LifeCentrics

Dear STRESS,

You are making me sick and unhappy! It is time we break up once and for all!

Love, ME

Stress is seductive and destructive to all aspects of our being – physically, emotionally, mentally and spiritually. This session will teach you simple stress busting tools and practices that will give you a welcome “pause” for this 90- minute session and that can last a lifetime. Day to day choices in self-health are enhanced by present moment awareness, using movement as medicine and creating moments of stillness in a life of busyness.

Participants will:

- Understand the importance and application of self-awareness, presence and mindfulness in everyday choices for well-being.
- Learn simple, yet pleasurable ways to move and dispel destructive stress hormones and constrictive body tension.
- Practice and apply the basics of mindfulness meditation – through stillness and movement!

Kachina A/B Room

Multi-disciplinary Team Approach for Diabetes Prevention and Treatment

Kelly Pak; PharmD, CDE, Pharmacist, Winslow Indian Health Care Center

Kenya Destin; PharmD, Pharmacist, Winslow Indian Health Care Center

Dana Wilson; PharmD, Pharmacist, Organization Winslow Indian Health Care Center

Most IHS patients receive adequate diabetes medications, but how many of these patients receive adequate Diabetes Self-Management Education (DSME) before they start their medications? How many patients completely understand what diabetes is? How many of these patients fully understand how the medications can help their condition and how they work? How many patients feel comfortable with DSME or know how DSME improve patient outcomes? Good diabetes management involves not just medications, but also self-management at home (nutrition, exercise, foot care and medications).

Goal: Demonstrate how multi-disciplinary team approach for diabetes prevention and treatment can improve DSME for diabetes patients.

Objectives:

- What is DSME?
- Who can be part of DSME team?
- How/why DSME can improve patient’s outcome
- Interpret outcome data to evaluate and improve the program



Session 5

Tuesday, February 14: 1:30 p.m. - 3:00 p.m.

Kiva B Room

Social Security Reaching Out to Indian Country

Kimberly Yellow Robe; MBA, American Indian Public Affairs Specialist, Social Security Administration, Rosebud Sioux Tribe

Presentation will highlight Social Security disability, retirement, survivor and SSI benefit information including the application and appeals process. A video will be shown of an American Indian claimant's journey through the application and appeals process.

Pueblo A/B/C Room

Tour De Ute: A Journey of Wellness

Beverly Santicola; Certified Grant Professional

Wendell Mills; Ute Mountain Ute Tribe

Destiny Whiteman; Student at Cortez High School, Organization: Ute Mountain Ute Tribe

DeAnne House; B.S. Degree, Behavior Health Professional; Tribal Councilwoman; Ute Mountain Ute Tribe

Over the past two years the Ute Mountain Ute Tribe has won more than \$25 MILLION in new grants for diabetes prevention, behavioral health programs, vocational education, suicide and domestic violence prevention, public safety, water and wastewater infrastructure and recidivism reduction. Three innovative strategies the tribe employed have fueled our success.

1. Our Diabetes Program Staff came up with the idea to brand all programs under the name of *Tour de Ute*, capitalizing on our geographic location, land and unique assets to create an integrated system of care – and use the land as a tool for better health.
2. We empowered youth to lead change and advocate for an improved quality of life for elders, families, children and peers through filmmaking and leadership development programs.
3. We created multiple social media platforms on Facebook, Twitter, and Instagram – as well as published numerous articles and blogs on UMUT leadership and their journey to wellness.

In this session you will hear from two teens, Destiny Whiteman and Wendell Mills, how their involvement in these programs has changed their lives, what roles they play in tribal leadership and what they have learned through the process. In addition, Tribal Councilwoman DeAnne House will explain how *Tour de Ute* was inspired and developed to provide a holistic and coordinated delivery system of care for members of the Ute Mountain Ute Tribe. Grant Writer, Beverly Santicola will share five key secrets to help each participant learn how to WIN MORE GRANTS.

One or more award winning films written, directed, produced and performed by 17 youth from the Ute Mountain Ute Tribe will be shown to set the stage for the presentation. Last year the youth of the UMUT won two international awards for their film ESCAPE at the LA SKINSFEST in Culver City, California in November 2015 and at the Garifuna International Indigenous Film Festival in Venice, California in May 2016.



Session 6

Tuesday, February 14: 3:30 p.m. - 5:00 p.m.

Kiva A Room

High Level Wellness: Discover the Big Wellness Picture

Steve Saffron; President, Saffron Perspective, Inc.

Steve@thekidsgood.com

Receive a check-list that outlines the 18 dimensions of Over-All Wellness. As a result of this learning experience you will discover what may be missing in your wellness program. You will also be inspired to design a new wellness-life-style plan. You will end up with a new mind-set and skill-set that will boost morale and help you balance life, work and play.

Kiva B Room

Medications for Treatment of Type I and II Diabetes

Dr. Armando Rodriguez-Asbun; MD., Internist in Private Practice at East Valley Internal Medicine PC.

This program describes the different classes of medications available to treat type I and type II diabetes, grouped according to family class with distinction in mechanism of action, indications and contraindications/precautions.

Objectives:

- Understand diabetes is a multicausal syndrome that requires in many cases the use of combination therapies to achieve control.
- Learn the main mechanisms involved in the development of diabetes.
- Learn the many families of medications used to treat diabetes currently.
- Understand the indications and contraindications of medications.

Pueblo A Room

Get the Right Portion...Every Time!

Aaron McGwire; Inventor of the Portion Clip

- The Portion Clip was created to make life easier and healthier for everyone.
- Imagine not having to worry about eating too much every time you want a snack.
- Imagine getting the right portion of your favorite snack...Every time!
- The Portion Clip is here to help!
- Clips right to your bag to help keep food fresh!



Session 6

Tuesday, February 14: 3:30 p.m - 5:00 p.m.

Kachina A/B Room

Chair Exercises

Barbie Johnson, ACSM, NSCA-CPT, LMT, Cherokee, Director, Health Education, Mescalero Apache Tribe

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 Exercise can be done by Anyone! Join us for this Fun-Fitness-Filled-Fantastic Routine.

Special Wellness Session

Tuesday, February 14: 5:00 p.m. - 6:00 p.m.

Pueblo A/B/C Room

Healing Circle

Patrick S. Trujillo; Pueblos of Cochiti and Jemez

All are welcome to participate. Come to listen or to share stories, personal experiences or insights about healing from trauma, grief, loss, stress, alcohol or substance abuse, or any other factor that affects your wellness. This circle is a special space for discussing grief, loss, joy and healing guided by traditional healing methods.



Phoenix Skyline



Session 7

Wednesday, February 15: 8:30 a.m. - 10:00 a.m.

Kiva A Room

Indian Health Service and Comanche Nation Collaborating to Prevent or Delay Type 2 Diabetes

Shirley Y. Burris; MS, RN, CDE, Diabetes Nurse Educator; USPHS Lawton Service Unit, Creek Nation
Marilyn Figueroa; LPN, Director of Diabetes Program, Diabetes Program Director, Comanche Nation
Diabetes Program, Comanche Nation

Learning Objectives:

- Participants will be able to list three risk factors that contribute to prediabetes
- Participants will be able to list four treatment strategies to prevent type 2 diabetes
- Participants will be able to identify a community based activity or program to help prevent type 2 diabetes.

As many as 26 million people that currently have prediabetes could develop type 2 diabetes by 2020, thereby doubling the number of people with type 2 diabetes in the United States. This session provides the knowledge about preventing or delaying the onset of type 2 diabetes using joint prevention strategies offered through the Indian Health Service and Tribal Programs.

Kachina A/B Room

Cooking on a Healthy Budget

Amanda Chee; B.S. in Kinesiology with a minor in Exercise and Wellness from Arizona State University, Community Health Worker, Native Health, Navajo
Brian Robles; B.S. in Physiology with a minor in Spanish from University of Arizona, Community Health Worker, Native Health

A major contributor to diabetes and other chronic illnesses is lifestyle which often stems from our limited food options. This cooking demo is aimed at providing a healthy cooking recipe that is fast and easy to prepare. The recipe also keeps cost in mind, allowing for a broader perspective on what it means to eat healthy on a budget.

Pueblo A/B/C Room

Laughter is the Best Medicine

Steve Saffron; President, Saffron Perspective, Inc.
Steve@thekidisgood.com

Laughter, Humor and Play promotes creativity and learning. Become a liberated laughter. Discover your humor profile. Having fun brings healing and happiness. Laughter is a medicine that calms the weary soul. It eliminates boredom and helps us get rid of stress. You will learn specific skills and tools to invite more fun and laughter into your personal and professional life.



Closing Circle

Wednesday, February 15: 10:30 a.m. - 12:00 p.m.

Kiva A/B Room

Patrick Trujillo; Pueblos of Cochiti and Jemez

Join us for a Closing Circle workshop—the perfect way to wrap up the week.

Distribution of CEUs

Wednesday, February 15: 10:30 a.m. - 12:00 p.m.

Atrium

Registration for Native Fitness Training

Wednesday, February 15: 1:00 p.m. - 2:00 p.m.

Atrium

Registration for STRESSCARE

Wednesday, February 15: 1:00 p.m. - 2:00 p.m.

Atrium



Exhibitors

Gloria Begay
Timothy Begay
Crafty Edgewater

Angie McGlasson
Lisa Fairchild
Donor Network of Arizona

Mark Dyea
Alberta Dyea
Fighting Clowns Designs

Jason Curley
Jonathan Collins
Kauffman & Associates, Inc. for CMS

Clifford Monroe
Monroe Designs

Cole Ward
Collette Adamsen
**National Resource Center on Native American Aging
(NRCNAA)**

Celina Garza
Cynthia West
Strong Heart Study/Medstar Health Research Institute

George Decker
US FDA - Office of Minority Health

