



**Mission:**

*The American Indian Diabetes Prevention Center will reduce the excess mortality and morbidity of diabetes so that quality of life and cultural vitality is made secure.*

**Visit us on the Web!**

 [aidpc.ouhsc.edu](http://aidpc.ouhsc.edu)

 American Indian Diabetes Prevention Center

 @AIDPC\_OUHSC

We appreciate your stories! Please send your ideas to Jennifer Reeder at: [jennifer-reeder@ouhsc.edu](mailto:jennifer-reeder@ouhsc.edu).

Please make sure all photos are the highest resolution possible.

Thank you!

**Director's Corner**



*Soteria*. A disease? Pudding? Yet another Korean car? No, soteria is the condition of over-expecting results beyond all possible reality. It's a source of excessive frustration and dismay. Desperation is often the driver of soteriological fantasies of "fixes" too fictional for consideration. So, now, consider health disparity *elimination* (our "official" task as stated by our funders). There *should* be a desperation to rid society of disparities. But, can it be done? We know the answer to that is "No." But, we don't quit. Keeping our will to persist in our pursuit of health equity demands that we adjust our criteria for success. The AIDPC cannot eliminate health disparities. However, it can have a systemic impact by the force of its multiple projects in partnership with Oklahoma Indian Nations. Furthermore, the AIDPC work can diffuse from one tribe to another. Dissemination of our work in national journals can also spread our local advances to other areas across the US and even into other countries working on problems of health

disparity. Our work here at the AIDPC does matter. It matters in very real ways that our work moves lives away from the structural violence of chronic sickness and toward the enjoyment of life made possible by simply feeling good and having hopes made good.

**J. Neil Henderson, Ph.D.**  
**(Oklahoma Choctaw)**  
**Director**  
**American Indian Diabetes Prevention Center**

<b>Inside this issue:</b>	
Director's Corner	1
AIDPC News	2
A Poem by H.F. Stein	3
What Have You Been Doing?	3
Traditional Recipes	4
American Indian Conferences	5
AIDPC Meeting Schedule	5

# AIDPC News

Breanca Thomas, a Ph.D. student in Health Promotion Sciences in the College of Public Health at the University of Oklahoma Health Sciences Center is a member of the OK Policy



Research Fellowship program. The program is intended to recognize and support top-performing graduate students who are conducting promising research on public policy issues. Research Fellows are each expected to contribute two OK Policy blog posts on issues related to their research and experience. They will also assist with organizing an OK Policy event over the course of the year. Breanca works as a research assistant with the American Indian Diabetes Prevention Center, helping develop an intervention to reduce diabetes-related behaviors among American Indian children. Her research interests are in social and political determinants of health behaviors related to obesity and health disparities, and her previous research has incorporated policy areas such as education, privatization, race, gender, and poverty. She intends to pursue a research career focusing on effective methods of reducing health disparities among at-risk groups. See her blog post at: <http://okpolicy.org/guest-post-breanca-thomas>



Dr. Howard F. Stein has recently been published in a book of poems called *Raisins and Almonds*. The book is published by Finishing Line Press in Georgetown, KY. If you are interested in obtaining a copy, the book can be ordered through Finishing Line Press or by clicking the image below.

## Raisins and Almonds



*poems*

Howard F. Stein



From [www.okpolicy.org](http://www.okpolicy.org)

# Voyage to Mars and Beyond\* What Have You Been Doing?

by HF Stein

To Mars! To explore now  
by remote control,  
later to colonize,  
most certainly to mine.

To Jupiter, Saturn,  
Alpha Centauri and beyond,  
to find planets to sustain us  
after we have spoiled  
our own world  
beyond repair.

"The earth is the Lord's,"  
sang the Psalmist --  
or at least was,  
until we took dominion  
far too ravenously,  
only to flee now  
what once had been  
so fair a home.

\*Harp-Strings Poetry Journal 24(3) Winter 2013: 20.

Kama King



*I have been spending a good deal of my time lately screening documentaries for acceptance into the deadCENTER film festival that will take place in June. I serve on a committee of fellow film*

*lovers that include people of all types and ages from the community who each week look at submitted films and try to decide which ones will be the best for the festival's audience. It's very difficult to judge most of them. You know that people worked really hard and gave a lot of themselves to make the films and that the future of the film is in some ways in your hands. You also know that some really good ones will not get to be seen by other people out there who should. I'm happy to have the privilege of helping sort through them all though, because many of the films are informative and inspiring and what we pick may impact the people that see them positively. I have also learned a great deal about a whole variety of things I knew nothing about, and would not have known about otherwise. It gets me excited to start the week when the new screeners hit my inbox on Monday morning.*

*Continued on next page*

## What Have You Been Doing, cont...

### Neil Henderson



*This is my "Top 5 List" for this month: Staring at a frozen pond behind my house. Watching ducks land on its ice and skid for a few feet before stopping. Also, carefully approaching a truck so dirty that I'm afraid I'll get dirty just by getting in. Teaching a night class on cross-cultural health dynamics. Learning about yoga healing techniques from my daughter, Kara.*

### Jennifer Reeder

*I have been balancing my work at the Center with my work on various papers for my Criminal Justice class which seems to take up most of my free time these days. In the meanwhile, the cold winter weather brought car troubles to my household so my husband and I have recently begun the daunting task of car shopping for replacements!*



## Traditional Recipes

### Hominy and Meat



1 lb. pork or beef, cubed  
2 large (4 small) cans white hominy  
1 medium white onion, chopped  
1 clove garlic, chopped  
Salt and pepper to taste

Bring meat and 1 quart of water to boil in a 2 quart pan for 30 minutes. Add the hominy, onion and garlic and boil for 20 minutes more, and then turn heat down and simmer for 20 to 30 minutes, stirring occasionally.

Recipe by Debby Hamilton Lopez (Kiowa/Caddo)  
*Our Food*, University of Science and Arts (1973)

# American Indian Conferences & Events

## Third Int'l Meeting on Indigenous Women's Health

Albuquerque, NM

March 5-7, 2014

For more information: <http://som.unm.edu/cme/2014/Indigenous.html>

## Native Fitness Training

March 19-21, 2014

Town & Country - San Diego, CA

For more information:

<http://www.aii.outreach.ou.edu/conferencetrainings/native-fitness-2014>

## Data Into Action

April 24, 2014

8:00 am—5:00 pm

Hotel Santa Fe, Santa Fe, NM

For more information:

<http://aaip.org/programs/events#cross-cultural-medicine-workshopdata-into-action>

## Cross Cultural Medicine Workshop

April 25-26, 2014

Hotel Santa Fe, Santa Fe, NM

For more information:

<http://aaip.org/programs/events#cross-cultural-medicine-workshopdata-into-action>

## AIDPC Meeting Schedule

**March 4, 2014**

Noon-2:00 pm

CHB 144

**April 2, 2014**

Noon-2:00 pm

CHB 144

**May 6, 2014**

Noon-2:00 pm

CHB 144

**June 3, 2014**

Noon-2:00 pm

CHB 144

**July 1, 2014**

Noon-2:00 pm

CHB 144

**August 5, 2014**

Noon-2:00 pm

CHB 448

**September 2, 2014**

Noon-2:00 pm

CHB 144

**October 7, 2014**

Noon-2:00 pm

CHB 144

**November 4, 2014**

Noon-2:00 pm

CHB 144

**December 2, 2014**

Noon-2:00 pm

CHB 144

Notice will be sent prior to each meeting.