



# CONNECTIONS

## 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](https://twitter.com/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



I play a little joke on audiences when I talk about historical trauma in Indian Country. I'm often show slides with epidemiologic graphs and numbers. Then, I stop and ask the audience to take a deeper step with me into the native experience. I tell them I'm going to show them in the next slide an Indian killing machine. I tell them that it is gross. I tell them that it is necessary. I suggest if they have a sensitive stomach that they turn away. I give them a "1-2-3" and bring the slide up. It's a picture of a boarding school. I tell them that these "machines" are responsible for killing more Indian culture and spirit than any number of guns. Audience members immediately realize that I tricked them. But, it's no joke at all.

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

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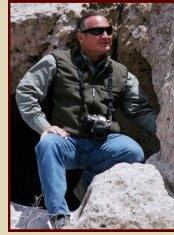
# The Return

# What Have You Been Doing?

## HF Stein

Like a magnificent  
spray of fireworks,  
roses returned  
after a six-month absence.  
I could not tell  
whether the bare stalks  
signaled death or dormancy,  
nor could I account  
for so abundant  
a regeneration.  
Was it the plant food,  
the rain, the pruning –  
the wishful anticipation?  
I have always had  
a scientific turn of mind,  
but I am not beyond  
bafflement and simple  
gratitude when what  
might be readily explained,  
appears with so large  
a tincture of surprise.

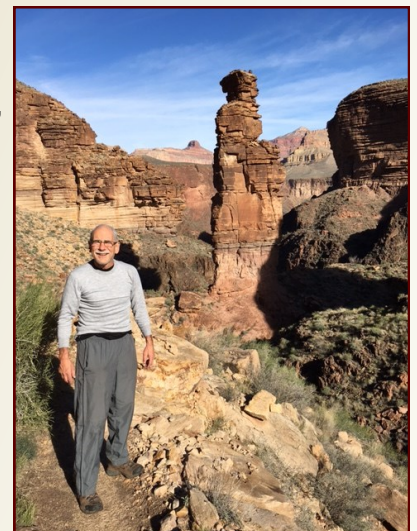
## Neil Henderson



Snowshoeing is my new sport, if it can be called that. When the temperatures get real high, like in the upper 20s, I can go outside and walk up the middle of a frozen creek bed. Snowshoes are cumbersome, but very helpful. Last week I went out just wearing rubber boots. I sank past my knees enough times so that I went back and put on my snowshoes. Think of walking like a duck.

## Dave Thompson

In *House Made of Dawn*, Scott Momaday says that “The canyon is a ladder to the plain.” The first week of February, I returned with a group of friends for a fourth annual backpacking trip in the Grand Canyon. We revisited Monument Creek, named for this granite-based obelisk, where we camped three years ago. Side canyons like Monument are at a perfect elevation. They are low enough and warm enough that water flows unfrozen all winter. They are high enough to be unreachable by river flooding in the Inner Canyon. And they penetrate the Tapeats sandstone, a stratum that fractures to form ledges and overhangs, so well suited to habitation that people have lived in these places for a very long time.



# AIDPC News

On February 24th, the Oklahoma Inter-tribal Diabetes Coalition (OIDC) held its annual Community Health Representative Training at the Oklahoma City-Tri County Health Department with over 60 in attendance. Community Health Representatives or CHRs are a vital component of American Indian health as their services range from education, transportation, goal-setting and motivation for the populations they serve. The annual free training that is provided by the OIDC is a way to help prepare CHRs for overcoming obstacles that may present themselves during the course of their important work. Topics for this year's event included education on improving health literacy in communities, how to cook healthy with commodity foods, wound care, self-care and motivational interviewing.

The attendees came from tribal nations around the state and the training has become a staple of education that our CHRs not only expect, but also deserve. The AIDPC once again offered its support in securing the conference location, the speakers, and will follow up on evaluations. The evaluation portion not only allows the OIDC to determine the success of this year's event, but also provides the attendees to voice an opinion on topics to cover in future trainings. The AIDPC appreciates the opportunity to partner with the many tribal nations that make up the OIDC and looks forward to continuing in these important endeavors that greatly impact our Native people and communities.

Dr. Lancer Stephens

## Traditional Recipes

### Chahta (Choctaw) Tamfula

Tamfula is a Choctaw dish that can be prepared the traditional way (that is, grind and soak the corn and filter it with wood ash then boil all day) or it can be simplified for our fast-paced lifestyles.

#### Ingredients

- 3 cups ground corn or corn meal
- 6 cups water or chicken broth depending on taste preference  
(If you use a smaller pot, then use one cup of corn and three cups of water.)

#### Directions

Place ingredients in cooking pot and boil for three hours or until the mixture is soft. Add water or chicken broth when needed.

Traditionally, the dish was boiled for hours, sometimes all day but if you cannot stand in front of a stove that long, then use a crock pot instead. Set on high and cook for four hours. You will need to stir it often during the first hour and check periodically to make sure it does not dry out. This recipe is similar to other corn dishes used by other tribes. Some like sugar or cinnamon sprinkled on top.



Recipe from American Indian Health and Diet Project: [http://aihd.ku.edu/recipes/chahta\\_tamfula.html](http://aihd.ku.edu/recipes/chahta_tamfula.html)



# Conferences & Events

## **9th Annual Tribal Public Health Conference**

April 11-13, 2017

River Spirit Casino Resort, Tulsa, OK

Click [here](#) for more information or contact [phcin-fo@spthb.org](mailto:phcin-fo@spthb.org)

## **2017 Native Women and Men's Wellness**

April 17-20, 2017

San Diego, CA

Click [here](#) for more information or visit: [www.aii.ou.edu](http://www.aii.ou.edu)

## **Maintaining Harmony: AI/AN Strategies for Wellness**

April 27-30, 2017

Santa Fe, NM

Drury Plaza Hotel

Click [here](#) for more information or visit: [www.aaip.org](http://www.aaip.org)

## **AIDPC Meeting Schedule**

**January 10, 2017**

**February 7, 2016**

**March 7, 2016**

**April 4, 2016**

**May 2, 2016**

*All AIDPC monthly meetings will be held in the College of Public Health, Room 144 from Noon to 2:00 pm, unless noted otherwise.*