



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

 American Indian Diabetes Prevention Center

 @AIDPC_OUHSC

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

Please make sure all photos are the highest resolution possible.

Thank you!

Director's Corner



Working on American Indian diabetes health disparity reduction requires an understanding of AI life beyond just our brief interactions with participants enrolled in our research projects. People live in webs of values, meanings, and actions. How can the “webs of life” be revealed? Importantly, how can a fuller context of AI life be discerned while NOT living in AI communities? There is no ideal way, but there are reflections of life in AI communities found in several places.

For a national perspective, please review the weekly newspaper, Indian Country Today. Find it on the web by searching its title. Also, review web sites such as, the National Indian Health Board and the National Congress of American Indians. There are also national radio and web-based news shows, such as Native America Calling. Tribally specific web sites are also helpful in getting a picture of what tribes consider important issues. Web sites will also provide

calendars of events and more often today, language classes. Last, many tribes have monthly newspapers to which one can get (usually) free subscriptions. Put all this information together and a more accurate view of AI life can emerge. It’s like you took a trip and never left the barn! ♦

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

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AIDPC Spotlight



Jennifer Reeder began working for the American Indian Diabetes Prevent Center in June 2010. She is the Center's Staff Assistant.

Jennifer was born in Lawton, OK to William Reeder and Jeanene

Salter Reeder and was raised along with her younger sister Andrea Reeder in Moore, OK. Jennifer is a member of the Caddo Nation of Oklahoma and can give you a history on most of her Caddo ancestors due to the extensive genealogy records she has compiled on her family. Her paternal grandparents are the late Jesse Reeder and Ruth Wilson Reeder, both Caddo, from Scott, OK. Her maternal grandparents are William Stargil Salter of Salter Path, NC, a fishing community named after his family, and Velta Bennett Salter of Faxon, OK. Her grandmother, Ruth Wilson Reeder was a fluent Caddo speaker and an acclaimed singer of Caddo songs. Jennifer possesses many recordings of her grandmother's peyote songs and frequently shares them with other Caddo singers who wish to learn them. Jennifer is very active in tribal advocacy, both politically and culturally. She was elected to the Tribal Council of the Caddo Nation as Oklahoma City Representative in 2009 and is a member of various tribal organizations across the United States. Her educational background includes a Bachelor of Science in Management, a Master's degree in Business Administration with emphasis on e-Commerce, and she is currently pursuing a degree in Indigenous Peoples Law at the University of Oklahoma, College of Law. She and her husband Ralph Crump have three grown children ages 26, 23, 22, and a 14 year old at home. ♦

What Have You Been Doing?

Lancer Stephens



I have been finishing up teaching the fall semester of class entitled, Health and the American Indian along with Dr. Neil Henderson. We've been fortunate to have guest lecturers from our tribal friends, specifically Bobby

Saunkeah and Michael Percy of the Chickasaw Nation Division of Health who came and spoke on Ethical Research and Human Protections in Indian Country, Tom Anderson of the Oklahoma City Area Inter-Tribal Health Board who spoke on American Indian Epidemiology, and Mary Daniel, of Integris Health Systems, and legal counsel for many Oklahoma and Kansas-based Indian organizations who spoke on Tribal Sovereignty. Each of our guest lecturers are experts in their field and the class gained great insight from our community friends that work on these important American Indian health issues on a day-to-day basis. Being the first time for me co-teach this particular graduate class, it was great to have Neil to fall back on for support and guidance throughout the process.

Roy Oman



I planted a few trees in our front yard to replace the laced-bark elm tree that is dying from some type of fungus. I planted a sycamore tree, golden rain tree, and two black gum trees. I also have been coaching my son's basketball team in the Norman Jammer Basketball Fall league. There are 10 boys 9 to 11 years old on the team. Recently, the teams were allowed to scrimmage at half time of an OU men's game and also at an OU women's game. The women's game was against Louisville which has the Schimmel sisters on the team. The sisters are American Indians and are members of the Confederated Tribes of the Umatilla which is located in Oregon. The boys and their families were allowed to sit courtside. It was a very exciting game which provided a memorable experience for everyone.

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Oklahoma Blizzard, 2009 Guess Who?

HF Stein

We were unprepared for this.
The TV weather forecasters
Were as ambushed as we were
By the blizzard and the depth of snow.
This was not the way Christmas Eve should go.
Thick snow crushed everything beneath it.
Cars and trucks were stranded everywhere.
The governor closed all major highways;
Farmers tried desperately to rescue
Cows freezing from the driving wind.
City crews were out with their snow plows
I huddled beneath my blankets with my cats,
Electricity having gone out from the weight
On power lines. We will persevere,
We will prevail, I tell myself while shivering.

I thought of Per Hansa** and his brave band
Of fellow Norwegians in South Dakota
During the 1870's, striving to settle and subdue
A place that rejected them as a foreign body.
The final scene was no triumph by John Deere
Or International Harvester, but a dead, frozen
Per Hansa in a landscape more formidable
Than even his indomitable will. Sometimes
Our valor is no match for what Nature hands us.
For all my resolve, I was not defeated,
But I was afraid.

* *Harp-Strings Poetry Journal* 23(2) Autumn 2011: 18

** Per Hansa is the central character in Ole E. Rolvaag's 1927 novel *Giants in the Earth*.



Answer: Tom Teasdale, from his 2013 Halloween Party

What Have You Been Doing? cont...

Tom Teasdale



October was especially interesting, especially around the 31st... Besides being devilish this past month, I was a consultant for colleagues at the New Mexico State University School of Nursing in Las Cruces.

They have a federally funded Comprehensive Geriatric Education Program with educational content relevant to older clients, including those who are living with diabetes. I also hosted a full-day training event at Cameron University in Lawton (we call these "On-the-Road" events). For fun, I spent a week in Texas with my mother doing some repairs on the family home. Finally, I treated my wife to a roundtrip excursion on the Heartland Flyer to Ft Worth. Really easy and about the price of gasoline!

Traditional Recipes

Zuni Green Chili Stew

- ◇ 3 lbs. lean pork, cubed
- ◇ Vegetable shortening or cooking oil
- ◇ 1 medium onion, diced
- ◇ 5 medium potatoes, diced
- ◇ 18 large green chilies, roasted, peeled, and chopped
- ◇ 1 clove of garlic, minced
- ◇ Cilantro to taste, chopped
- ◇ 1 tsp. salt
- ◇ About 10 cups of water



Directions: Brown meat in a little shortening or cooking oil, using a large, deep, and heavy pot. Drain excess fat and add water and the rest of the ingredients, except the potatoes. Simmer until the meat is tender, then add potatoes. Simmer until the potatoes are done. Serve with Zuni sour-dough bread, fry bread, or tortillas.

Recipe by Geri Goombi (Zuni)
Our Food, University of Science and Arts (1973)

American Indian Conferences & Events

Alaska Native Diabetes Conference

December 4, 2013 - December 6, 2013

The Hotel Captain Cook

939 W. 5th Avenue

Anchorage, Alaska 99501

For more information:

<http://www.cvent.com/events/alaska-native-diabetes-conference-2013/event-summary-9a7bba6326204d718b29a48bcafb69f6.aspx>

16th Native Diabetes Prevention Conference

Hilton Phoenix/Mesa - Phoenix, AZ

January 12-15, 2014

For more information:

<http://www.aii.outreach.ou.edu/nativediabetes>

Native Fitness Training

Hilton Phoenix/Mesa - Phoenix, AZ

January 15-17, 2014

For more information:

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

AIDPC Meeting Schedule

December 3, 2013

Noon-2:00 pm

CHB 204

January 7, 2014

Noon-2:00 pm

Room TBD

February 4, 2014

Noon-2:00 pm

Room TBD

March 4, 2014

Noon-2:00 pm

Room TBD

April 2, 2014

Noon-2:00 pm

Room TBD

May 6, 2014

Noon-2:00 pm

Room TBD

June 3, 2014

Noon-2:00 pm

Room TBD

Notice will be sent prior to each meeting.