




**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**



Time both gives and takes away. It is a problem that cannot be solved. Time for doing AIDPC work is about half over. In a way, AIDPC is "Middle-aged." Middle-age is not the time to slow down or get pudgy. Middle-age is a time of experience coupled with energy reserves to still tackle the tough problems in smarter ways. We have a tough problem: Health disparities must yield to health equity. Not in some future, utopian mist, but in of our lifetimes. AIDPC staff and researchers are part of that proud path. Don't stop now! ❖

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

**Inside this issue:**

Director's Corner	1
AIDPC Spotlight	2
What Have You Been Doing?	2
A Poem by H.F. Stein	3
Traditional Recipes	3
American Indian Conferences	4
AIDPC Meeting Schedule	4



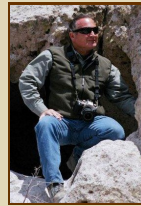
## AIDPC Spotlight



Carla Guy was born in Woodward Oklahoma and lived in Ft. Supply a short time before moving to Oklahoma City and then Moore. OK. She graduated from Moore High School and chose to move away to attend college in Miami FL. She attended St. Thomas University where she excelled in softball (1st team Academic All-American), basketball and tennis in NCAA Division II Athletics. She was one of the first recipients of the University's Scholar Athlete award that is given annually to the top male and female athlete. Later, she was a school teacher at a Catholic school and Athletic Director for many years in Miami before moving back to Oklahoma in 2000 to be closer to her family. Carla is an enrolled member of the Caddo Nation of Oklahoma and says *"I was recently appointed Vice Chairman of our tribe."* *"I am honored to be a member of our tribal council and look forward to moving our tribe upward and onward in 2014."* She has been employed with the University of Oklahoma Health Sciences Center for 11 years. ♦

## What Have You Been Doing?

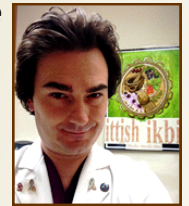
### Neil Henderson



*"I've been burning through lots of firewood! I have a living room fireplace, and outdoor fire ring, and a grill that uses wood. The cold weather wood-demand causes me to split wood logs into small, thin "toothpicks" that allows me to better control the temperature in the grill. Toothpicks are also good for starter wood in the fireplace. I did find out that Cottonwood burns fast like paper. So, the 80-foot tall Cottonwood that fell in my backyard got burned-up by the end of fall. So, now I'm ordering commercial firewood for the winter which is still better than an 80-foot tall tree falling into the backyard."*

### Justin Fowler

*"I've been busy getting back into the swing of things [post-holidays] Recruiting participants, collecting specimens –and lately helping to plan and organize the annual community outreach conference in Tishomingo, OK at Murray State College to bring diabetes education, awareness, and prevention to rural Oklahoma."*



### Pat Mayer



*"Over the holidays I attended a Smokey Robinson concert in Durant, watched my niece play basketball for Coalgate Middle School, and I got to witness by 6 month old grandnephew crawl for the first time! I spent the Christmas holiday with my grandkids and I didn't make any New Year's resolutions this year because I don't ever keep them!"*



## Diagnosis\*

for Lucy Candib, MD  
By H.F. Stein

Today, you changed my life.  
I was unprepared  
For the name you gave  
For what you found wrong with me.  
You called it a something  
And went right on  
To tell me how you wanted to treat it.  
While you continued,  
I had yet to digest  
The something you called it.  
I was already afraid  
When you told me I would need  
To take some medicine  
For the rest of my life.  
Would I never  
Get over this something  
As you called it  
For the first time today?  
Though you were here with me,  
I was alone with your words.  
Today, you changed my life.

\* Howard F. Stein. *In the Shadow of Asclepius: Poems from American Medicine*. Indianapolis, IN: Dog Ear Publishing, 2011. p. 48.

[www.asclepiusbook.com](http://www.asclepiusbook.com)

## Traditional Recipes

### Green Onion Soup



- 1 q. chicken broth
- 1 medium sized raw potato, diced
- 1/2 c. chopped green onion
- 1 T, butter
- 1 beaten egg
- Salt and pepper to taste

Simmer the potato in the chicken broth. Sauté the green onions in the butter. When the potato is cooked, add the green onions and seasonings and simmer five more minutes. Remove from the fire and whip the egg into the soup with a wire whip and serve at once.

Recipe by Alyse Boydston  
*Our Food*, University of Science and Arts (1973)

# American Indian Conferences & Events

## 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>

## Third International 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/conferencestrainings/native-fitness-2014>

## 2014 AIDPC Meeting Schedule

**January 7, 2014**

Noon-2:00 pm

CHB 346

**May 6, 2014**

Noon-2:00 pm

CHB 144

**September 2, 2014**

Noon-2:00 pm

CHB 144

**February 4, 2014**

Noon-2:00 pm

CHB 144

**June 3, 2014**

Noon-2:00 pm

CHB 144

**October 7, 2014**

Noon-2:00 pm

CHB 144

**March 4, 2014**

Noon-2:00 pm

CHB 144

**July 1, 2014**

Noon-2:00 pm

CHB 144

**November 4, 2014**

Noon-2:00 pm

CHB 144

**April 2, 2014**

Noon-2:00 pm

CHB 144

**August 5, 2014**

Noon-2:00 pm

CHB 448

**December 2, 2014**

Noon-2:00 pm

CHB 144