I want to express to all of you my utmost admiration for your years of diligent and determined work. You have given your talents and time to a most worthy cause across Indian Country that is not only motivated by the intent to improve peoples’ health in general, but for improving the health of people for whom there is an extra special need because of health disparity circumstances. Rather than writing them off as undeserving, an unsolvable social problem, or as inconsequential, you have acknowledged them as brothers and sisters deserving of the highest quality of life possible. In return, our lives have been enriched by the partnerships and friendships that were forged in the process of this collaborative research.

We have not solved health disparities. We have made some progress. I feel fully optimistic that progress not visible today will emerge in important ways tomorrow. Best wishes to you all.

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

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Howard F. Stein

I follow the seasons
as earth encircles sun.
Snow, blossoms,
rich, green leaves,
later red and gold,
bare branches –
nourishment for my eyes,
for my soul,
for the alchemist
of memory.

I sit on my porch
among Oklahoma scrub oak,
rehearse the seasons,
remembering,
with eyes closed,
how fortunate I am
to have the seasons twice –
seasons in Nature,
seasons in mind --
Nature’s eyes to see itself.

Neil Henderson

Turkey update from last month: On arriving home last Friday, I had a totally tumultuous tussle with two tom turkeys. They won. I was sans my “Turkey Teacher,” which is a metal stick we use to teach them to keep away from us. Turns out, I must be a bad teacher because I didn’t have my Turkey Teacher, they saw that, and they both jumped me. I got one ding through my jeans as the three of us parried down the sidewalk. Those bastards worked as a team. At the door, they both jumped me simultaneously causing pottery vases on the porch to slam into each other and break while I tried to edge inside the house. I’d like to say that I got my Turkey Teacher and got the best of them, but it ended more like Dr. Henderson running after them screaming obscenities while they trotted ahead just out of reach. I did get the last word on Saturday when I broke out the Frisbees and extended my reach. Worked pretty good!

Howard Stein

I just had the Second Edition of Listening Deeply published (April 2017). It is published by the University of Missouri Press, Columbia. A link to it on my Amazon.com webpage is: https://www.amazon.com/Howard-F.-Stein/e/B001HCZ62C It explores the crucial role of attentive listening in all aspects of workplace life.
White Bean and Tomato Salad
From Get Healthy, Go Vegan by Neal Barnard, MD, and Robyn Webb

Makes four 1-cup servings
Preparation time: 20 minutes

2 15-ounce cans white beans, drained and rinsed
2 medium tomatoes, seeded and chopped
¼ cup chopped red onion
½ cup finely chopped fresh parsley
¼ cup chopped fresh basil
2 tablespoons white wine vinegar
2 teaspoons lemon zest
½ teaspoon Dijon mustard
salt, to taste
black pepper, to taste

1. Combine beans, tomatoes, onion, parsley, and basil in a salad bowl. 2. In a separate small bowl, whisk together vinegar, lemon zest, and mustard. Season with salt and black pepper. Add to salad and toss. Serve chilled or at room temperature.

Per serving (1/4 of recipe): 222 calories, 0.8 g fat, 0.2 g saturated fat, 2.9% calories from fat, 0 mg cholesterol, 15.1 g protein, 40.5 g carbohydrate, 2.9 g sugar, 10.5 g fiber, 398 mg sodium, 156 mg calcium, 6.2 mg iron, 20.4 mg vitamin C, 742 mcg beta-carotene, 1.8 mg vitamin E
General


Maternal Care and Adherence to Treatment Research


Preeclampsia Research


Pilot Projects


Book Chapters


Scientific Paper Presentations


Poster Abstract Presentations at Professional Meetings, Conferences


Henderson J.N. “Vital Information of Tribal Community Health Representatives on Dementia.” Oklahoma Area Community Health Representative Association Biannual Conference. 2013. Tulsa, OK.


Short K.R. “The role of physical activity for diabetes prevention in youth.” Department of Nutrition and Exercise Physiology Seminar Series. June 20, 2014. University of Oklahoma Health Sciences Center, Oklahoma City, OK.


**AIDPC Publications by Research Group, cont...**


**Interdisciplinary Seminars**


**Maternal Care and Adherence to Treatment Research**


**Eagle Book Evaluation**


**Past and Present AIDPC Staff**

Conferences & Events

2017 Indian Education Summit
July 25-26, 2017
Moore, OK
Click here for more information or visit: aii.ou.edu

NIHB National Tribal Public Health Summit: Together We Rise: Sustaining Tribal Public Health as a National Priority
June 6-8, 2017
Dena’ina Civic and Convention Center
Anchorage, AK
Click here for more information or visit: www.nihb.org

National Alaska Native American Indian Nurses Association (NANAIMA) Conference
June 16-17, 2017
St. Catherine University
St Paul, MN
Click here for more information or visit: www.ncemna.org/events

Public Health Improvement Training
June 13-14, 2017
Sheraton Albuquerque Uptown
Albuquerque, NM
Click here or contact Carmelita Marrow: cmarrow@nnphi.org

Public Health Training Conference
August 15-17, 2017
Best Western Ramkota Hotel
Rapid City, SD
Click here for more information or visit: www.rmtec.org

Diabetes in Indian Country Conference
September 19-21, 2017
Hyatt Regency Albuquerque
Albuquerque, NM
Click here for more information or visit: www.diabetesinindiancountry.com

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.