



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



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.

Please make sure all photos are the highest resolution possible.

Thank you!

Director's Corner



NIMHD, CDC, and IOM all have a list of critical “to do’s” necessary to create health equity. There is a to-do common in each list: become culturally competent. Sounds easy--just do some reading about “those people” and ask around. You will become culturally competent. But, caution is due. Cultural factors and their influence on behavior are too often trivialized by the mistake that culture is simply a series of traits added together. Compare the trait list from one group to another and the differences are easily found. Simple, huh? Problem is culture doesn’t work that way. Let’s say that we start with traits but put them in a real life context. These traits are tumbling around and across and up and down and mixing in ways that produce new traits that may be only situationally used and then resolve to a hidden latency. Culture is dynamic, conscious and unconscious, obvious and obscure.

Traits may be present but only understood fully when we see them in real-life action.

Take home: treat everything you think you know about another culture as a hypothesis; ask a member of the other group if your hypothesis “x” is correct and when/where/how/in what situations; expect contradictions; and keep asking. Maybe cultural competence IS possible!

J. Neil Henderson, Ph.D.
(Oklahoma Choctaw)

Director
American Indian Diabetes Prevention Center

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Splitting

HF Stein

I sit on my porch,
smoke my pipe, not enough
of a breeze to put out a match.

My trees comfort me,
silent companions
this quiet late fall day –

two weeks ago an ice storm
strangled even the largest limbs
till they snapped and crashed,
smashed roofs and stuck the ground.

I'd rather not think how
these friendly trees
could so quickly turn on me,
menace my home,
and rip all wire connections
with the outside world –
as I wait for the next branch to pop
in the black of night –

not so easy to reconcile
trees who can be
reassuring presence one minute
and dreadful peril the next –
How to transmute this duality
of friend and foe into
the thought of a single tree?

What Have You Been Doing?

Neil Henderson



I have been testing my osteological density. Last Sunday, Gail and I were going to hike by crossing a wooden bridge over the small river behind the house. The bridge has a ramp up to the flat part that goes over the water and then a ramp down to the ground on the other side. That ramp was as slippery as Oklahoma ice! First, Gail fell and skidded on her rear all the way to the ground but had no injury. I, on the other hand, landed with all my weight on my left arm leaving my wrist and shoulder to absorb the impact. I then did the "Ouchy!!!" dance for quite a while enhanced by numerous heart-felt expletives. After spending the afternoon in a local emergency room, x-rays showed no fractures but I am left with a #8 rating on the pain scale. All we wanted to do was take a stroll by crossing over the river. The name of the river? The Big Sucker.

Jennifer Reeder

This year, my daughter Clarisa is a senior in high school. Our family has spent just about every weekend attending my daughter's senior school activities, visiting colleges, or watching her play in college showcase softball tournaments. So, whether it's waking up to our house and cars



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AIDPC News

Spotlight on Pat Mayer



This is a shout-out to Pat in recognition of her service to the health and well-being of American Indian people through her work with the AIDPC, as well as her 20 years of work with the Choctaw Nation of Oklahoma. While everyone at the AIDPC may not know it, Pat is a Choctaw Nation celebrity. Everyone knows Pat! When Dr. Tomette and I travel on data collection rounds, everyone from the Chief to those living way outside Broken Bow ask about Pat and wish her the best.

Actually, Pat is very well known outside the Choctaw Nation, too. At every statewide and national healthcare meeting, she cannot walk from one side of a lobby to another without numerous folks shouting "Hello, Pat!" and recalling various jokes and fun times from the past.

Pat joined the AIDPC when it was first funded in 2007. But, long before that, Pat was working as a Community Health Representative when she and I began work on the genetics of Alzheimer's disease. This was in the early 1990's and her name is on the resulting publication in *Neuroscience Letters* (2001).

Thank you for all of your great work at the AIDPC for the good of American Indian people!

2016 Red Feather Gala



On Saturday October 22nd, AIDPC members attended the Oklahoma City Indian Clinic Red Feather Gala at the Cox Convention Center thanks to the generosity of The Harold Hamm Diabetes Center. The event benefited the Oklahoma City Indian Clinic CARES Capital Campaign. The campaign aims is to build a new 7,000 square foot pharmacy. The current 900 square foot workspace is too small to provide individual consulting and storage for more than 400,000 prescriptions filled annually.

Those in attendance included (from top left) Dr. Kevin Short, Mary Ayn Tullier, Dr. Tom Teasdale, (from bottom left) Jennifer Chadwick, Charlotte Coleman, and Heather Kimbley.

Congratulations Dr. Stein!!



Dr. Howard Stein has been honored as a nationally recognized scholar and poet, again! This time, Dr. Stein and his clinical poetry are the featured topics in two journal articles published in *Families, Systems and Health*, one of the leading Family Medicine journals.

Title: The "In-Between Writer": Howard Stein, PhD, Professor Emeritus, Psycho-Analytic Anthropologist, Poet, Educator, Transdisciplinary Scholar.

Author: Jo Marie Reilly, MD, FAAFP, University of Southern California

Title: Ways of Knowing: Howard Stein's Border-Crossing Use of Poetry to Interrogate Clinical Medicine, Medical Education, and Health Care Organizations

Author: Johanna Shapiro, PhD

Journal: *Families, Systems, & Health*, 2016, Vol. 34, No. 3.

Traditional Recipes

Seminole Corn Stuffing

Ingredients

- 3 tablespoons of butter or margarine
- 2 stalks celery, minced
- 1 medium onion, minced
- 2 cups corn bread, crumbled
- 2 eggs, beaten
- 1/2 cup chicken broth
- 1 can of whole kernel corn
- 1 teaspoon dry sage
- salt and pepper to taste



Directions

- Heat butter in a skillet and sauté celery and onion until translucent, but not browned.
- Place corn bread, eggs, chicken broth, sage, salt and pepper into a bowl and toss lightly. Add the sautéed celery, onions, and corn then toss again.
- Bake in a covered baking pan at 350 degrees for 20 minutes, and uncovered for an additional 15 minutes.

Recipe from www.justapinch.com

What Have You Been Doing

Continued from page 2...

being “decorated” for the State tournament or having to drive five hours to Kansas on short notice to meet with a college coach, it’s going to be a long (and fun) year for our family! The following photos are from the Moore High School softball team’s Senior Night festivities.



Clarisa's senior cake



Seniors and coaches



Senior tribute



Mary Ayn Tullier and Charlotte Coleman next the MOVE Study poster at the HHDC Diabetes Symposium on October 28th. There was also an oral presentation on the MOVE study by our student, Heather Kimbley.

Conferences & Events

Seventh Annual Native American Health Care Conference

November 14-15, 2016

Alpine, CA - Viejas Casino & Resort

Click [here](#) for more information or visit:

www.nativenationsevents.org

American Indian and Alaska Native 2016 Long-Term Services and Supports Conference

November 14-17, 2016

Minneapolis, MN

Click [here](#) for more information or visit:

www.olderindians.acl.gov

The 22nd Annual Four Corners TB/HIV Conference

November 16-17, 2016

Flagstaff, AZ—High Country Conference Center

Click [here](#) for more information or contact: Rhea Shah,

RShah@Lungs.org

Native Wellness Institute, Native Youth Leadership Academy

December 7-10, 2016

San Diego, CA

Click [here](#) for more information or visit:

www.nativewellness.com

AIDPC Meeting Schedule

January 5, 2016

February 2, 2016

March 1, 2016

April 5, 2016

May 3, 2016

June 7, 2016

September 6, 2016

October 4, 2016

November 1, 2016

December 6, 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.