



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

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



What are your life trophies? Look at your walls. Look at your bumper stickers. That's where many trophies are displayed for all to see and be "impressed" (or not!). Some trophy displays are scary (actual bumper stickers: *The voices told me to bring my gun today!*; *Ask me about microwaving cats for fun and profit!*). Other trophies are proud parents' pictures of the "fruit of their loins" (see Bible—Genesis 35:11, "...and kings (queens are not mentioned) shall come out of thy loins." And, in our business, an ardently wished-for trophy is (wait for it!)—the RO1! Yes, that funding showing to all that you have arrived at the Golden Gates of NIH and have languished until now as an unrecognized genius. Now life is complete!

But, why are we really here? Maybe it's important to remember that we do this work, as fascinating as it is, for the good of eliminating health disparities among American Indian people. We do it for all the following reasons:

Healthy babies from mothers that avoided preeclampsia; healthy teenagers from incorporating physical

activity into their lives; parents whose kids with diabetes get better care because of less parental stress; kids with more resilience because of asset building; kids coping with diabetes because of education and camaraderie at camp; providers with better understanding of cultural contexts; more effective scientific outcomes due to building an in-house research community; and many others.

Those are our trophies.

Trophies that can't be held or go on the wall, yet are well worth fighting for. ♦

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

Director

American Indian Diabetes Prevention Center

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Shadows . . .

What Have You Been Doing?

HF Stein

They come

- garbage men
- hotel housekeepers
- letter carriers
- parcel deliverers
- restaurant clean up

faceless

nameless

they disappear

leaving behind them

- empty dumpsters
- immaculately made beds
- mail in the box
- packages on the porch
- tables ready for another meal

Shadow people,

known only by what they do --

they are "what" and never "who".

Who will recognize them?

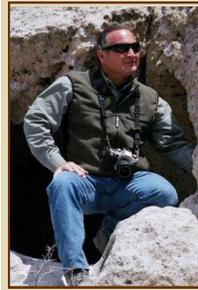
Who will bring them

out of shadow

into light?

(unpublished)

Neil Henderson



My wife, Gail and I, went to the Wichita Wildlife Refuge near Medicine Park, Oklahoma, to hike in the Charon's Garden area. We left home at 5am and got there about 7am. While trying find a

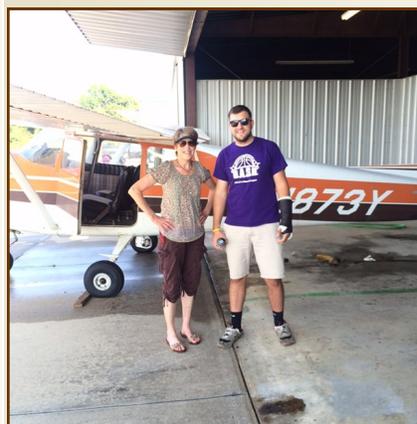
shallow part of a stream for a mainly dry crossing (I'm very delicate!), we saw two adult elk with monstrous antlers that were standing about 50 yards away. They looked at us but stayed around grazing and occasionally checking that we had not gotten closer. Very impressive animals!

Mary Ayn Tullier

My son is visiting me from PA and he has decided he wants to learn how to fly, so my twin brother and I took him up in my Cessna 172 last week and showed him some basics about flying. My two other children are not interested in flying



so I'm excited that Colin is showing some real interest and plans to take some lessons when he returns to PA. When I lived in PA I flew to work



in New Jersey on a weekly basis when the weather was good. I haven't had much time to fly over the last 2 years but hope to find time weekly to fly around the area.

AIDPC News



CONGRATULATIONS!!

Kama King accepts full-time job at University of Central Oklahoma!

Kama King has accepted a full-time job at the University of Central Oklahoma with the purpose of improving student retention. This position will also allow her to continue teaching at UCO in her specialty of forensic anthropology. Kama has been teaching in that program for some time and looks to the future to expand her work in forensics.

While here at the AIDPC for 6 years, Kama was an extremely important and capable research associate on my R01 regarding parental distress among Choctaw caregivers of adolescents with T1/T2 diabetes, and, in the first funding of AIDPC, she was a crucial contributor to my R01 on young mothers' conceptualizations of diabetes. Kama assisted with applying qualitative data analysis software to our research, helped to write papers and articles on the projects (see below), and gave volunteer lectures in courses of mine. A bit of good news for AIDPC is that connection with Kama will continue over time because she will be co-author of papers and articles stemming from the data analysis currently underway.

Kama's intelligence, organizational skills, problem-solving talents, and wonderful demeanor will be greatly missed. The citations below only include those related to AIDPC. Kama has other first-author papers and publications in the field of forensic anthropology.

Carson, L. D., Henderson, J. N., **King, K.**, Klezenski, K., and Thompson, D. (in press) American Indian Diabetes Beliefs and Practices: Anxiety, Fear, and Dread in Pregnant Women with Diabetes Mellitus. *Diabetes Spectrum*.

Henderson, J. Neil, Carson, L. D., and **King, Kama** (in press) Indigenous Vascular Dementia: A Colonized Syndemic Hypothesis. In, Hulko, W., Wilson, D., & Balestrery, J. (Eds.) *Indigenous peoples and dementia: Experiencing and understanding memory loss and memory care in three settler nations*. Vancouver, BC: UBC Press.

Carson, L. D., Henderson, J. N. and **King, K.** (in press) Depression, Diabetes, and Dementia: Historical, Bio-cultural, & Generational Factors among American Indian and Alaska Native Elders. *Indigeneity and Dementia*. Hulko, W. and Balestrery, Eds.). University of British Columbia Press: Vancouver.

L. Carson Henderson, Henderson, J. N., **King, K.**, Kleszynski, K., Thompson, D., and Mayer, P. (2014) Perceptions and Concerns Regarding Diabetes Mellitus during Pregnancy among American Indian Women. *Care Management Journals* 15 (4): 1-10.

Henderson, J. N., Henderson, L. C., **King, K.** (2013) "Providers' Perspectives on the Synergism of Biomedical Diabetes Management Plus Socially Potent Strategies of Patient Support." Poster presented at the Harold Hamm Diabetes Center Research Symposium, October 25, Samis Education Center, University of Oklahoma Health Sciences Center, Oklahoma City, OK.

Henderson, L.C., Henderson, J.N., **Waggoner, K.**, Kleszynski, K., & Mayer, P. (2012) "American Indian Diabetes Beliefs and Practices: Anxiety, Fear, and Dread in Pregnant Women with Diabetes Mellitus." Poster presented at the Harold Hamm Diabetes Center Research Symposium, Oklahoma City, OK.

Henderson, J.N., Henderson, L.C., Gunter, J. Baggett, K., Kleszynsk, K., **Waggoner, K.**, & Guy, C. (2012). "Assessing Interest and Receptiveness of 8 to 12 Year Old American Indian Campers to the CDC Eagle Books Series." Poster presented at the Harold Hamm Diabetes Center Research Symposium, Oklahoma City, OK.

Henderson, L. Carson, Henderson, J. N., Kleszynski, K., and **Waggoner, K.** "Intergenerational Diabetes Explanatory Models in American Indian Women of Childbearing Age and American Indian Elders." *Gerontological Society of America*. November 18-22, 2011, Boston, MA.

AIDPC News

MOVE Study

Jennifer Chadwick spent her summer visiting many of the American Indian Health Care Events throughout the state of Oklahoma. This summer she attended events in Oklahoma City, Broken Bow, and Stroud. Jennifer says, "These events are great opportunities to provide health lifestyle education while meeting outstanding people and learning about their communities."

Jennifer Chadwick, Native American Programs Coordinator at the Oklahoma City Indian Clinic's Children's Health Fair, July 2015



Traditional Recipes

Pueblo Indian Pork Roast

- | | |
|--|---|
| 1/4 c. vegetable oil | 2/3 c. cider vinegar |
| 1 1/2 c. chopped onion | 1/2 c. honey |
| 3 garlic cloves, minced | 1 tsp. ground New Mexican red chile |
| 4 dried juniper berries, crushed | 1 dried medium-hot New Mexican red chile, crushed |
| 1/2 tsp. crushed coriander seed | 2 tsp. salt |
| 1 bay leaf | 1 oz. square unsweetened chocolate, grated |
| 4 large ripe tomatoes, quartered, seeded | |
| 1 1/4 c. water | |



Directions: Heat oil in a large heavy saucepan and saute onions over a medium heat until soft. Add garlic, juniper berries, coriander seed, and bay leaf and saute for 2 to 3 minutes longer. Add tomatoes, water, vinegar, honey, ground and crushed chile and salt. Cover and let simmer for 30 minutes. Add chocolate and simmer uncovered for 20 to 30 minutes until fairly thick. Preheat oven to 250 degrees.

Place roast fat side up in a roasting pan and baste generously with the sauce. Roast for about 3-4 hours, basting occasionally with sauce and pan drippings. Let roast sit for 10 minutes in a warm place before carving. Slice and spoon additional sauce over each portion.

Recipe from: thegutsygourmet.net/pueblo_roast.html

Conferences & Events

Meeting on AI/AN LGBT Health Issues

September 11, 2015

Washington, DC

RSVP to Lisa Neel at lisa.neel@ihs.gov or by telephone at (301) 443-4305

Western Oklahoma Tribes CHR and Diabetes Programs Diabetes Summit

September 17, 2015

Watchetaker Hall, Comanche Nation Complex - Lawton, OK

For more information: (580) 654-2216 or (405) 280-4674

National Indian Health Board, Native Health 2015: Policy, Advocacy, and the Business of Medicine

September 21-24, 2015

Washington Hilton - Washington, DC

For more information:

www.nihb.org/communications/acc_2015.php

IHS Tribal Self-Governance Advisory Committee Meeting

October 6-7, 2015

Embassy Suites - Washington, DC

For more information:

<http://tribalseelfgov.org/events/event/ihs-tribal-self-governance-4th-quarter-advisory-committee>

Inaugural Native Alaskan Leadership Forum

October 14, 2015

Sheraton Anchorage Hotel and Spa - Anchorage, AK

For more information:

<http://nativenationevents.org/conference/inaugural-native-alaskan-leadership-forum>

72nd National Congress of American Indians Annual Convention and Marketplace

October 18-23, 2015

Town and Country Resort - San Diego, CA

For more information:

<http://www.ncai.org/events/2015/10/18/72nd-annual-convention-and-marketplace>

AIDPC Meeting Schedule

September 1, 2015

Noon-2:00 pm

OU College of Public Health
CHB 144

October 6, 2015

Noon-2:00 pm

OU College of Public Health
CHB 144

November 3, 2015

Noon-2:00 pm

OU College of Public Health
CHB 144

December 1, 2015

Noon-2:00 pm

OU College of Public Health
CHB 144

**2016 Schedule
Coming Soon!**