

H E A L T H Y R O A D S

Vol. V, Issue IX

1125 West 6th Street, Suite #103, Los Angeles, CA 90017
Hours: Monday – Friday 8:00 AM – 5:00 PM

November 2009

Dates to Remember

Thursday, Nov. 5th & 19th – Walking Club will be walking at 6 p.m. (Early birds: 5:30 p.m.)

Wednesday, Nov. 11th – UAII will be closed in honor of Veteran's Day.

Saturday, Nov. 21st – The Healthy Roads Workshop will be at Indian Revival Church located at 5602 East Gage in the city of Bell Gardens at 10 AM.

Friday, Nov. 20th – Diabetes Workshop at UAII at 10 a.m.

Thursday and Friday, Nov. 26th & 27th – UAII will be closed in recognition of Thanksgiving.

David L. Rambeau,
Executive Director

The Diabetes Prevention Program Team

Gene Martinez,
Program Coordinator

Becky Blackhawk Peterson,
BSN, Registered Nurse, PHN

Pintip Chotibut, MS, RD,
Registered Dietician

Michael Reifel, Lifestyle Coach

Linda Gonzales,
Physical Activity Specialist,
Lifestyle Coach

Maham Chaudhry, Data
Coordinator

Sherry L. White, Recruiter

Welcome the Holidays☺



Michael A. Reifel,
Lifestyle Coach

At this time of the year some people feel what's the use of eating healthy when there's so much temptation out there to eat in a unhealthy manner.

There are a couple of things to be said about this. 1. No one can force unhealthy food down your throat. It truly is a personal commitment to one's self to retain health, control diabetes or keep from getting diabetes. One must make a simple decision to keep health first. 2. There are so many things that one can do to enjoy the holidays, participate with family and keep the calories and fat grams at bay. Like bring a food choice of your own to the gathering-that happens to be healthy, drink a little water 20 minutes prior to the big sit down, do not sit by the serving table, when done have your plate taken away right then and there. Tell the people you're dining with that you are watching what you eat and drink. Limit alcohol because it can lower one's inhibitions and judgment. And when you do have some of that pumkin pie, do not eat a lot of it. Exercise a little more the day after. Have light whip cream as opposed to ice cream with it. Eat be merry and a little mindful.

Diabetes Workshop "NOVEMBER: DIABETES AWARENESS MONTH"

Diabetes is a serious problem for American Indians and Alaska Natives, who suffer from some of the highest rates of diabetes in the world. Most people don't know if they have diabetes or pre-diabetes. Now is the month for you and your family members over 18 to get tested. Call UAII and ask for Michael R., Linda, or Sherry and find out how.

We hope to see you on **Friday, November 20th** at the monthly Diabetes Workshop, beginning at 10 AM in the Community Center. Bring your family and friends for health screenings, bingo and lots of fun.



Ford Park

The Walking Club

It's that time of year again when the clocks get turned back an hour. As a result, darkness will come earlier. When asked where the Walking Club would like to meet during the winter months; the general consensus was to stay at Ford Park. But most agreed that during the extreme cold weather, a brisk walk through Stonewood Mall in Downey would be alright. So come out to the Walking Club on Nov. 5th and 19th and ...

**Census 2010
Coming soon!**

"Just Move It"

Retro Beef and Veggie Soup Stew

- | | |
|---|--|
| 1 tablespoon olive oil, divided | 12 ounces boneless sirloin, cut into bite-sized pieces |
| 2 medium carrots, quartered lengthwise and cut into 2-inch pieces | 1 medium green bell pepper, coarsely chopped |
| 1 can (14½ oz.) Italian-style stewed tomatoes | 6 ounces green beans, cut into 2-inch pieces |
| 1 tablespoon instant coffee granules, divided | 1 scant cup beef broth |
| 2 tablespoons all-purpose flour | 8 oz. new potatoes, cut into bite-size pieces |
| ¼ teaspoon ground black pepper | ¾ teaspoon salt (optional) |

Preparation

- Heat 1 teaspoon oil in Dutch oven over medium-high heat. Add beef; do not stir. Cook 1 minute. Stir 30 seconds, transfer to plate.
- Add remaining 2 teaspoons oil, carrots, bell pepper and green beans. Cook and stir 4 minutes or until beginning to brown on edges. Add tomatoes, broth, 1 teaspoon coffee granules and potatoes. Bring to a boil. Reduce heat to a simmer. Cover. Simmer, stirring frequently, 20 minutes or until potatoes are tender.
- Remove from heat. Add remaining coffee granules, flour, salt, if desired, and pepper. Let stand 10 minutes, uncovered, before serving.

Serving: 4 (1½ - cup) Calories: 265 Total Fat: 7 g Protein: 23 g Sodium: 589 g Fiber: 5 g

FIND THE WORDS IN BOLD

N A T I O N A L K N
 B R P R E T S O I O
 L H R C A C T W D V
 I E O Q D E C E N E
 N B B E E J H R E M
 D L I M B D E Y B
 N S E C A H I D F E
 E S M Y T C C I A R
 S E S E T E B A I D
 S N T G A L R G L E
 C E R A C W J N U A
 H R O G K S G O R T
 N A K N I N G S E H
 C W E M S A S E R J
 R A T V R H N D H V
 G E T T E S T E D R

NOVEMBER:

NATIONAL DIABETES AWARENESS MONTH

Diabetes can lead to serious health **problems**, such as **blindness**, loss of **limb**, **kidney failure**, **heart** disease, and early **death**. People who keep their A1C below 7 in the early years after they are **diagnosed** with diabetes have fewer problems later in life. Keep your blood pressure and cholesterol under control and this can **lower** your **risk** for heart attack and **stroke** as well as other diabetes problems. Have your family and friends get tested for diabetes.

(heart) ATTACK	KIDNEY FAILURE
AWARENESS	(loss of) LIMB
BLINDNESS	LOWER
DEATH	NATIONAL
DIABETES	NOVEMBER
DIAGNOSED	PROBLEMS
GET TESTED	RISK
HEART (disease)	STROKE

HEALTHY  ADS

"Diabetes: Myth or Truth"

Presented by:

**Pintip Chotibut,
Registered Dietician
United American Indian Involvement, Inc.**

*"You can get diabetes from eating too much sugar."
Myth or Truth?*

*"Being overweight can lead to diabetes."
Myth or Truth?*

X		
	O	
O		X

Come play Tic Tac Toe and find out for yourself what is myth or what is the truth about diabetes. Celebrate Diabetes Awareness Month by getting informed.

(Also, come hear a special announcement about a new programs at UAI.)

**Wednesday, November 18, 2009
6:00 p.m.**

**Saturday, November 21, 2009
10:00 a.m.**

Gabrieleno Youth Village
4528 Baldwin Avenue
El Monte, CA

Indian Revival Church
5602 East Gage Avenue
Bell Gardens, CA



NOVEMBER 2009

SUN	MON	TUE	WED	THU	FRI	SAT
1 NA Heritage Community Powwow Sunday Service 2 PM AA Meeting 6 PM	2 Talking Circle 10 AM Fun Fitness 11 AM	3 Senior Sewing Circle 10 AM	4 S.A.I.F Workshop 5 PM	5 Walking Club 5:30 PM	6	7 SEJAT & SCIC Powwow Native American Night – L.A. Clippers
8 SEJAT/ SCIC Powwow: Sunday Service 2 PM AA Meeting 6 PM	9 Talking Circle 10 AM Fun Fitness 11 AM San Manuel Powwow – San Bernardino	10 Senior Sewing Circle 10 AM	11 Closed for Veteran's Day	12	13 US Census Testing 9 AM & 1 PM	14
15 Sunday Service 2 PM AA Meeting 6 PM	16 Talking Circle 10 AM Fun Fitness 11 AM	17 Senior Sewing Circle 10 AM	18 S.A.I.F. 5 PM Health Roads at Gabrieleno Youth Village 6 PM	19 Walking Club 5:30 PM	20 Diabetes Workshop 10 AM	21 Healthy Roads at IRC 10 AM
22 Sunday Service 2 PM AA Meeting 6 PM	23 Talking Circle 10 AM Fun Fitness 11 AM	24 Senior Sewing Circle 10 AM	25	26 Closed for Thanksgiving	27	28
29 Sunday Service 2 PM AA Meeting 6 PM	30 Talking Circle 10 AM Fun Fitness 11 AM	ANNOUNCEMENTS: Testing for the US Census will be held at UAII on Friday, Nov. 13 th . To reserve your seat, please call 213.202.3970 and ask for Sherry at ext. 7150. Seating is limited. November is Diabetes Awareness Month! Diabetes is preventable. Call Linda, Michael R., or Sherry for more information.				

Did You Know the History of Diabetes?

First century B.C. – Ancient Greek physician Aretaeus of Cappadocia coins the term diabetes, meaning “one who straddles” or “siphon.” Both terms are appropriate for a disease where patients must pass excessive amounts of urine.

1425 – The word diabetes is first recorded in English in a medical text.

1675 – English physician Dr. Thomas Willis adds the word mellitus, Latin for “honey,” to the term diabetes, due to the sweet taste of diabetic urine.

1900 – Based on animal research, Drs. Joseph von Mering and Oskar Minkowski discovered that the pancreas plays a role in diabetes.

1910 – Sir Edward Albert Sharpey-Schafer dubs the chemical produced by the pancreas insulin.

For more information go to: www.health.savvy-cafe.com/a-timeline-of-the-history-of-diabetes-2008-02-08/