April 22-25, 2019
Native Women and Men’s Wellness and Diabetes Prevention Conference

“Living in Native Balance and Wellness”

Catamaran Resort Hotel
San Diego, California
Welcome to the Conference

On behalf of the American Indian Institute at the University of Oklahoma, it is our privilege to welcome you to the 2019 18th Native Women and Men’s Wellness and Diabetes Prevention Conference. We are honored by your presence as we come together to protect generations from illness. Our presenters and speakers will share resources, information, strategies, and successful programs as well as provide the opportunity for further networking and collaboration. Enjoy the conference and thank you for attending!!!!

Sincerely,

Norma J. Neely
Director Emeritus, American Indian Institute
The University of Oklahoma

About the American Indian Institute
The American Indian Institute (Aii) was established in 1951 at the University of Oklahoma, as a non-profit Native American service, training, and research organization. Aii is a department within the University of Oklahoma’s Division of Public and Community Services in University Outreach.

Aii provides services and forms collaborative partnerships with American Indian, Alaska Native and Canadian First Nation Tribes and communities. With more than 65 years experience working throughout Indian Country, Aii offers outreach in the following areas:
• Indian Education
• Health Promotion and Disease Prevention
• Art, Culture, and Language Preservation
• Tribal Leadership and Organizational Development

Upcoming Events
Native Fitness Training (Follows Wellness Conference)
San Diego, California April 26-28, 2019

STRESSCARE Mastery and Mentor Training (Follows Wellness Conference)
San Diego, California April 26-28, 2019
Master of Ceremony

Patrick S. Trujillo, Pueblos of Cochiti and Jemez
Executive Director – Native American Training Institute and Wellness/Health Education Consultant

Patrick Trujillo is a member of and resides in the Pueblo of Cochiti, and he is also of Jemez Pueblo. He is a practitioner of traditional and spiritual ways. Currently, Trujillo is the Executive Director of the Native American Training Institute, Inc. He was born on March 5, 1954, in Albuquerque, New Mexico. Trujillo is a certified Fetal Alcohol Syndrome Prevention Trainer, Certified Gathering of Native Americans Facilitator and Trainer, a Low Ropes Initiative Course Facilitator and Trainer, a Wellness Trainer for youth, family, elders, women and men, a Leadership Facilitator and Trainer and a Motivational Facilitator and Trainer. Trujillo received the Outstanding Academic Achievement Award in the Drug/Alcohol Studies through the University of New Mexico.

Trujillo has served as a Substance Abuse Counselor for the Five Sandoval Indian Pueblos, Inc., the Southwestern Indian Polytechnic Institute, the Two World’s Project of the All Indian Pueblo Council, Inc. in Albuquerque, New Mexico. He also worked as a counselor at La Nueva Vida Youth Residential Treatment Center for girls in Santa Fe, New Mexico. Trujillo frequently presents programs of wellness specially tailored for audiences of men, women, youth in affiliation with the University of Oklahoma, the American Indian Training Institute (AITI) and The Gathering of Native Americans (GONA).

Trujillo particularly enjoys working with youth and families, and providing prevention agendas for communities that involve strengthening cultural, personal and spiritual awareness.

You are Invited to
A Welcome Gathering on the Beach
4:30 p.m. - 5:30 p.m. • April 22, 2019
Monday, April 22, 2019

2:00 PM - 5:00 PM
Lobby Foyer
REGISTRATION

2:00 PM - 5:00 PM
Foyer
EXHIBITS OPEN

2:00 PM - 2:30 PM
Kon Tiki Ballroom
Patrick Trujillo, Private Consultant
(Cochiti Pueblo/Jemez Pueblo)

Laughter is a tranquilizer with no side effects

2:30 PM - 3:00 PM
Kon Tiki Ballroom
Nancy Iverson, Director, PATHSTAR

Reclaiming Healthy Futures
A preview of Tuesday’s presentation: PATHSTAR is committed to inspiring, revitalizing and supporting wholesome practices that will restore sustainable health to children, families, and communities.

3:00 PM - 3:30 PM
Kon Tiki Ballroom
Cynthia King, Owner, The Herb Shed

Botanical Restorative Balance
This session is about restoring emotional and mental balance through the use of essential oils.

3:30 PM - 4:30 PM
Tiki Ballroom
Barbie Johnson, Director Health Education / Diabetes Kon Program, Mescalero Apache Tribe (Cherokee)

ADAPT: Accelerate Daily Active Physical Training
Sedentary lifestyles are common for a majority of the population. If you are not getting at least 150-200 minutes of continuous non-stop exercise per week, you are in the sedentary category. With so many health issues related to our lifestyles we need to make CHANGES!

4:30 PM - 5:30 PM
Welcome Gathering/Reception Beach

Tuesday, April 23, 2019

7:00 AM - 8:30 AM
Foyer
Continental Breakfast

7:00 AM - 5:00 PM
Foyer
Exhibits Open

7:00 AM - 5:00 PM
Lobby - Foyer
Registration

GENERAL SESSION

8:45 AM - 9:00 AM
Kon Tiki Ballroom

Welcome and Opening Remarks
Featuring Master of Ceremonies-Patrick Trujillo, Private Consultant (Cochiti Pueblo/Jemez Pueblo)
Dr. Norma Neely, Emeritus Director of American Indian Institute (Citizen Potawatomi Nation)

KEYNOTE ADDRESS

9:00 AM - 9:45 AM
Kon Tiki Ballroom

“You have the Power of One to start a fire, but you need the Power of Many to keep the fire burning”

Relationships may be the most important variable in American Indian wellness education. Challenges addressed are communication, collaboration, cultural competency, and caring. The program is filled with “tips from the rez” to help you so you can learn more and live better. Dr. Stephen Sroka has spoken worldwide with The Power of One message, how one person can make a difference. Three years ago, Steve died while presenting

VISIT OUR VENDORS AND EXHIBITORS!
a school in-service. Educators saved his life and changed his message. He now talks about The Power of Many, how it takes a rez to make a difference. Research-based and reality-driven, this session offers honesty, humor, and hope. It has been noted it may even change your life professionally and personally. Let’s see if it can spark the fire within you!

9:45 AM - 10:00 AM
Lobby
Healthy Break

SESSION 1 – CONCURRENT SESSIONS

10:00 AM - 11:00 AM
Room TBA
Charlotte Ross, Consultant & Trainer, Charlotte Ross Consulting (Montreal Lake Cree Nation)
Embracing Humor as Resilience
As Native people across Turtle Island, we have had a strong resilient history that includes humor as our strength. We will learn about healthy humor vs. shaming humor from examples that cross the border between Canada and the US. Through unpacking our histories, our languages and traditional practices become a central focus of who we are. You will be able to identify elements of healthy humor, shaming humor and strategies to embrace wellness using laughter. In the process, we will learn the importance of physical, emotional, mental, and spiritual balance on our wellness journey. Be prepared in this session to have moderate movement and extreme peaks of laughter splattered with the occasional knee slapping movements accompanied by having fun.

10:00 AM - 11:00 AM
Room TBA
Brenda Whiteye, Transitional Support Worker/Crisis Counselor, Three Fires Women’s Shelter (Walpole Island First Nation)
Living with Diabetes
This is my personal story of how I developed Diabetes Type 2. I was a working mother, a workaholic. I provided well for my children in a respectable job. I often did not drink or eat anything until 2:00 or 3:00 p.m. As a result my body stopped producing the required insulin to break down my sugars. Sugars come from starch. Starch turns to sugar. The changes started occurring in my body. Had I been informed as to what could happen if one doesn’t eat right, nor exercise, and not take time to relax and nor handle stress appropriately, nor be aware of what diabetes is, I would have changed my lifestyle years ago. Now I know! I live each day monitoring what I eat, I take time to exercise, and I check my glucose levels.

I am independent, have my own home (which I had built in my community) and have raised seven children. I enjoy my 19 grandchildren. I choose to be positive. I am a widow—I was married at the age of 18, had my first child at age 19, and my last child at age 43. I am not an alcoholic nor a drug user. I enjoy life. I have always worked to provide for my family and am very proud of their accomplishments. I am an Ojibway woman. My parents are Ojibway and Pottawatomi, from Walpole Island. My husband was Ojibway, Mohawk, and Delaware. I love this opportunity to share my story in hopes others will learn from it. I am insulin dependent, therefore I inject insulin and my glucose levels are good. I still work, although I choose to work fewer hours and thus am partially retired.

10:00 AM - 11:00 AM
Room TBA
Daylene Anderson, Nutrition Educator (San Carlos Apache Tribe)
Happy Kids = Healthy Kids
The vision, a healthy and happy future on our reservation starts with teaching our kids to live a healthy and happy life. A review of the different programs and activities have been offered to the younger population on the San Carlos Apache Reservation. All of the programs that have been started have two common rules: 1) you can never say “No” or “Don’t” and 2) No child is forced to participate. This is a helpful tool to share ideas on how to get children engaged in participating in healthy programs. Some of the helpful tips that will be shared will include not only the successes but the failures and challenges of the programs. Shared programs will be the youth garden club, the running club, the teen cooking classes, and helpful camp collaborations.

VISIT OUR VENDORS AND EXHIBITORS!
10:00 AM - 11:00 AM
Room TBA
James Junes, Motivational Speaker/Inspirational Speaker/Native Comedian, Navajo Tribe
“Living Warrior Strong” - “Success is a Journey, not a Destination”
Success has everything to do with your individual choices, actions and experiences. No matter how big or small they are. Success has to do with being honest and true to who you are and how you choose to respond to every circumstance that occurs in your life.

10:00 AM - 11:00 AM
Room TBA
Dr. Steve Sroka
Up close and personal with Dr. Steve. Garner a few tips and free strategies to take back to the rez
Questions will be addressed about the keynote. Strategies will address the use of native creativity, stress management, storytelling, learning styles, motivation, and humor. This session will provide free brain-based strategies you can use today. A very creative Native-based strategy to address these issues will be demonstrated. Don’t leave this conference without them!

10:00 AM - 11:00 AM
Room TBA
Rosanne Gephart, President, Better Beginnings (Blackfeet)
Reducing Obesity and Diabetes through Breastfeeding Promotion
Breastfeeding is associated with lower risks for obesity and diabetes in both the mother and the child. How can we get this critical information to our people? Do our health care providers know the facts about breastfeeding? I will present facts about health promotion and breastfeeding and demonstrate how families, tribes, and health care providers can improve the dissemination of information and provide support to mothers and their families. Breastfeeding was the normal way to feed babies. Bring back the tradition!

SESSION 2 – CONCURRENT SESSIONS

11:15 PM - 12:15 PM
Room TBA
Nancy Iverson, Director, PATHSTAR
Reclaiming Healthy Futures
If present trends continue, one of two AI/AN children born after the year 2000 will develop diabetes. It doesn’t have to be this way. Healthy life style and nutrition practices can alter this horrific disease trajectory, and PATHSTAR is committed to inspiring and revitalizing these by recognizing influences (both health-affirming and unhealthy) and supporting wholesome practices that will reverse the present dire health predictions and restore sustainable health to children, families, and communities. The preparation for and participation in the PATHSTAR Alcatraz Swim Week (PASW), the core PATHSTAR program, includes experiential nutrition education, goal-setting, meal preparation, physical activities (including open water swimming), with attention to ways in which family dynamics, cultural practices, community resources, and policies all impact health outcomes related to nutrition and lifestyle. The week culminates with a swim from Alcatraz Island to the San Francisco shore. Participants set goals that reflect deepening their own commitment to sustainable health and well-being practices and serving as catalysts for inspiring self-reliance and optimism within their families and communities. 2018 PATHSTAR Alcatraz Swim Week participants, and Nancy Iverson, PATHSTAR founder, will share their challenges and successes during the PASW and in their return to their families and communities at home. Our interactive presentation will demonstrate aspects of PATHSTAR’s process and explore interventions and their implications.

11:15 PM - 12:15 PM
Room TBA
Daniel Dickerson, Associate Research Psychiatrist, American Indian Counseling Center
Gardening for Health Using Traditions
American Indians/Alaska Natives (AI/ANs) have among the highest rates of co-occurring psychiatric disorders and diabetes compared to other ethnic/racial groups in the U.S.

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Furthermore, although approximately 70 percent of AI/ANs reside in urban areas, very few evidence-based culturally tailored diabetes prevention interventions targeting urban AI/AN adults with mental health disorders are available. Gardening for Health Using Traditions (GHUTS) is a new culturally-appropriate diabetes prevention intervention for urban AI/AN adults with psychiatric disorders utilizing gardening. The purpose of this workshop is to provide an overview of qualitative data generated from focus groups conducted among: 1) urban AI/AN adults who are receiving mental health services in Los Angeles County, 2) mental health and physical health providers who serve urban AI/ANs, and 3) the GHUTS community advisory board. Information gathered assists toward furthering our understanding of the mental health and diabetes prevention needs of urban AI/ANs in Los Angeles County and provides suggestions with regard to ensuring the cultural appropriateness of the GHUTS protocol.

11:15 PM - 12:15 PM
Room TBA
Jill Fox, MSPH, Eagle Adventure and PSE Coordinator
Oklahoma Tribal Engagement Partners

In this session we will share information about the Eagle Adventure Program, a Type 2 diabetes education and primary prevention program designed for youth in first to third grades based on the CDC Eagle Book series. The program was developed based on research with Native American families living in southern Oklahoma. We will discuss the community based research process, program development using the socio-ecological model and program outcomes among youth and families. We will also share our social marketing campaign “Diabetes is Not our Destiny”, a Native American focused intergenerational approach to diabetes prevention.

11:15 PM - 12:15 PM
Room TBA
Suzanne Cross, Private Consultant, PhD, ACSW, LMSW, LLC

A Gift of Another Day – Ovarian Cancer
This presentation will focus on Ovarian Cancer which is the fifth most common cancer women are diagnosed with and approximately 15 percent of females diagnosed are in the late stage of the disease. Also, the ten common risk factors for Ovarian Cancer will be presented and described for the participants. The presentation will include Power Point, video, and handouts with a question and answer segment at the end of the session.

11:15 PM - 12:15 PM
Room TBA
Patrick Trujillo, Private Consultant (Cochiti Pueblo/Jemez Pueblo)

Spirituality: The Foundation Healing
A recent trend in health care among Native American peoples has been the inclusion of Native American healing methods along with Western medical methodologies. The Native American people recognize and express the need for holistic healing which is not limited to physical symptoms, but also includes the balance of the spiritual, mental, and emotional components that are integral to individual health. This presentation will include discussion and ways to implement this process into our lives.

11:15 PM - 12:15 PM
Room TBA
Lani Tolon-Sol, Indigenous Wellness Coach, Healing House – A Safe Space for Sacred Soul Searching (Iroquois)

Nurturing Self-Care Practices through the Arts, Movement, and Reflection
The goal of this interactive workshop is to provide a safe space for people to learn about self-care practices to improve their mind, body, and soul wellness and prevent burnout. As indigenous people, the work of organizing and social action outreach can be very rewarding, yet very taxing in terms of mental and physical fatigue. Our ability to have a healthy relationship with ourselves sets the tone for all other relationships. During the workshop attendees will get a chance to take time from busy schedules and learn about tools and resources that can be used to create a customized self-care plan. These skills allow us to better cope with empathy, anxiety, stress, and other emotions.
12:15 PM - 1:00 PM
Beach

Healthy Lunch provided

KEYNOTE ADDRESS

1:00 PM - 1:45 PM
Kon Tiki Ballroom
Featuring Keynote Speaker, Dr. Ronald Shaw
“Opiate Use Disorder in Indian Country”
A review of treatment options for tribal nations in instituting evidence-based therapy.

1:45 PM - 2:00 PM
Lobby

Healthy Break

SESSION 3 – CONCURRENT SESSIONS

2:00 PM - 3:00 PM
Room TBA

Birdie Wermy, Project Specialist, NW Portland Area Indian Health Board (Cheyenne and Arapaho Tribes of Oklahoma)

Wellness in the Workplace
The Northwest Portland Area Indian Health Board (NPAIHB) has a wellness policy allowing staff 30 minutes of paid wellness time, during a workday to participate in healthy activities. The goal of this policy is to break up the 8-10-hour day(s) of work by getting up and moving. We will cover our wellness policy and provide other materials and tools surrounding wellness in the workplace. Our wellness activities include daily workouts such as running, walking, yoga, pilates, stairs, biking, crossfit, and crafting.

2:00 PM - 3:00 PM
Room TBA

Ramona Medicine Horse, Director, Shoshone-Bannock Tribes

Work and Cultural Difference
I am a Shoshone-Bannock Tribal member. I have worked with the Vocational Rehabilitation Program more than ten years, the mental health field for 12 years—working with youth and adults for the state of Idaho, and also worked in a homeless shelter. In this time I have seen how the effects of historical trauma, drugs and alcohol have affected our people for many years. This is a time to make change with ourselves and others. Learn to forgive and let go of hatred.

I am Licensed Master Social Worker. I love my work and seeing success with our people. I’m a mother of two adult children, one of whom passed away before her time. My son has blessed me with four wonderful grandchildren, ages 15 years to nine months. I also have three cats and my mother. I love them all dearly. I also have experienced great losses and now see how the effects of these kinds of losses creates a disruption in my life and our society.

2:00 PM - 3:00 PM
Room TBA

Patrick Trujillo, Private Consultant (Cochiti Pueblo/Jemez Pueblo)

Power to Heal, Power to Love
Most of us don’t realize as individuals we have the capacity to heal ourselves from many of the afflictions that put us in a state of imbalance. Sometimes we have to give ourselves “permission” to see this inner strength and capacity. One of the paths to personal healing is our willingness to embrace intimacy and love. In this practical yet inspiring session, discussion topics will include dealing with family hurts in coping and dealing with the disease of diabetes, the effect diabetes has on each family member. Upbringing, life’s lessons, personal vision, and learning to embrace love as powerful medicine for healing. This workshop also will discuss how to maintain a better way of life in living with the disease of diabetes on a daily basis.

2:00 PM - 3:00 PM
Room TBA

Brenda Sanchez Ortiz, Project Director, TMF Health Quality Institute

Everyone with Diabetes Counts! A Community Model to Address Diabetes Disparities
The Everyone with Diabetes Counts! Project is a national initiative funded by the Centers for Medicare & Medicaid

VISIT OUR VENDORS AND EXHIBITORS!
Services. As a Quality Improvement Network, TMF Health Quality Institute has led the EDC program since 2010, helping lead pilot projects that developed into a national program funded by CMS. TMF has already improved the lives of nearly 17,000 persons with diabetes, with more than 60 percent being Medicare beneficiaries. TMF also has trained more than 1,100 new diabetes workshop educators to go into communities and teach the proven life-saving and life-enhancing skills to people with diabetes. TMF will share their successful model to spread the program and create access to diabetes self-management education in underserved communities.

2:00 PM - 3:00 PM
Room TBA
Cynthia King, Owner, The Herb Shed
The Purifiers
The purifiers are sacred Native Herbs for purifying protection and help. This is a hands-on make and take workshop on how to use our Native herbs and oils for purification and protection while working in social justice, mental health, recovery, and wellness programs. We will be creating pocket smudges and clearing sprays.

3:00 PM - 3:15 PM
Lobby
Healthy Break

SESSION 4 – CONCURRENT SESSIONS

3:15 PM - 4:15 PM
Room TBA
Melanie Smokey, Native Wellness Advocate, Alpine County Behavioral Health Services(Shoshone/Washoe)
Gathering Traditional Medicine
Plants are born knowing their jobs; it’s up to us to accept their gifts. Many plants are vanishing and need our help. We need people to visit our plant relatives, to establish the relationships needed to keep our people and our natural healers alive and healthy. Many of us live near busy highways and cities and struggle due to harvesting issues such as spraying of pesticides, pollutants, over population, and lack of water resources. Come and sample some tea, and talk about our natural resources and how we can utilize our plants in everyday life.

3:15 PM - 4:15 PM
Room TBA
Cecilia Chapman, Bilingual Clinical Diabetes Educator, About Lifestyle, Inc.
Managing TYPE II Diabetes
Objectives:
• Brief description of Diabetes and what the numbers mean.
• How to manage Diabetes with nutrition, physical activity.
• The importance of self-monitoring and how it helps to manage Diabetes.
• The challenges weight management.
• How to be successful.
• Why are medications and/or insulin necessary in managing Diabetes.

3:15 PM - 4:15 PM
Room TBA
Carol LaRue, Licensed Occupational Therapist, Coach, Speaker, Founder, LifeCentrics
Fierce Resilience: Embodying Balance Through the Wisdom of Nature
Our fast-paced, concrete world can cut us off from the healing guidance of nature’s cycles and rhythms. Remembering, waking up to, and allowing ourselves to be present in the natural world—through engagement of our senses—can lead us into a joyous dance of inner balance and fierce resilience. We as humans have the ability to ‘mirror’ the innate resilience that our Mother Earth possesses—in the face of chaos, stress, overwhelm, and depletion—often seen through winds, floods, fires, and earthquakes on a worldwide level. In this session, we will discover ways to embody and embrace the elements of change while creating balance that supports us every day being in wholeness and fierce resilience! We will use tools of self-assessment, reflection, mindful movement, meditation, and music for a highly interactive experience.

VISIT OUR VENDORS AND EXHIBITORS!
3:15 PM - 4:15 PM  
Room TBA  
**James Junes**, Motivational Speaker/Inspirational Speaker/Native Comedian, Navajo Tribe  
"Living Warrior Strong" - “Success is a Journey, not a Destination”  
Success has everything to do with your individual choices, actions and experiences. No matter how big or small they are. Success has to do with being honest and true to who you are and how you choose to respond to every circumstance that occurs in your life.

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SPECIAL SESSION

4:20 PM - 5:20 PM  
Room TBA  
**Patrick Trujillo**, Private Consultant (Cochiti Pueblo/Jemez Pueblo)  
Healing Circle

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**Wednesday, April 24, 2019**

7:00 AM - 8:30 AM  
Foyer  
Continental Breakfast

7:30 AM - 5:00 PM  
Foyer  
Exhibits Open

7:30 AM - 5:00 PM  
Lobby Foyer  
Registration

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KEYNOTE ADDRESS

9:00 AM - 9:45 AM  
Room TBA  
Kon Tiki Ballroom  
Featuring **Keynote Speaker, Jason Champagne**  
“A Native Chef’s Journey in Search of Health & Wellness”  
Native Chef Jason Champagne, MPH, shares with the audience his own personal journey in search of health and wellness in his own life. Hear the struggles he faced and how he overcame severe health issues by using food as medicine, along with a very strict and consistent workout regimen. He will share the long journey he endured to obtain his education, the struggles he faced and the successes he has had. He will also talk about his own business he started called Native Chef LLC. Through his business, he provides outreach education using culinary arts in an attempt to better the overall health and wellbeing of Native American populations. He will share the positive impact it has made with the tribes he has worked with to the present.

9:45 AM - 10:00 AM  
Lobby  
Healthy Break

SESSION 5 – CONCURRENT SESSIONS

10:00 AM - 11:00 AM  
Room TBA  
**Daylene Anderson**, Nutrition Educator (San Carlos Apache Tribe)  
Happy Kids = Healthy Kids  
The vision, a healthy and happy future on our reservation starts with teaching our kids to live a healthy and happy life. A review of the different programs and activities have been offered to the younger population on the San Carlos Apache Reservation. All of the programs that have been started have two common rules: 1) you can never say “No” or “Don’t” and 2) No child is forced to participate. This is a helpful tool to share ideas on how to get children engaged in participating in healthy programs. Some of the helpful tips that will be shared will include not only

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VISIT OUR VENDORS AND EXHIBITORS!
the successes but the failures and challenges of the programs. Shared programs will be the youth garden club, the running club, the teen cooking classes, and helpful camp collaborations.

10:00 AM - 11:00 AM
Room TBA
Cecilia Chapman, Bilingual Clinical Diabetes Educator, About Lifestyle, Inc.
Managing TYPE II Diabetes
Objectives:
• Brief description of Diabetes and what the numbers mean.
• How to manage Diabetes with nutrition, physical activity.
• The importance of self-monitoring and how it helps to manage Diabetes.
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• How to be successful.
• Why are medications and/or insulin necessary in managing Diabetes.

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Room TBA
Ramona Medicine Horse, Director, Shoshone-Bannock Tribes
Work and Cultural Difference
I am a Shoshone-Bannock Tribal member. I have worked with the Vocational Rehabilitation Program more than ten years, the mental health field for 12 years—working with youth and adults for the state of Idaho, and also worked in a homeless shelter. In this time I have seen how the effects of historical trauma, drugs and alcohol have affected our people for many years. This is a time to make change with ourselves and others. Learn to forgive and let go of hatred.

I am Licensed Master Social Worker. I love my work and seeing success with our people. I’m a mother of two adult children, one of whom passed away before her time. My son has blessed me with four wonderful grandchildren, ages 15 years to nine months. I also have three cats and my mother. I love them all dearly. I also have experienced great losses and now see how the effects of these kinds of losses creates a disruption in my life and our society.

10:00 AM - 11:00 AM
Room TBA
Patrick Trujillo, Private Consultant (Cochiti Pueblo/Jemez Pueblo)
Using Humor to Rekindle the Spirit Within
Parents, teachers, counselors, community health representatives, and direct service providers often give their time, attention, and compassion to the people they serve at the cost of their own wellness. Learn how to develop a wellness plan and how spirituality is important through this process. Spirituality and humor are two primary strengths and resiliency factors for Native American people. This highly interactive and lively workshop combines stories, laughter, movement, music, and prayer as a journey to healing. Be prepared to have fun during this highly interactive workshop.

10:00 AM - 11:00 AM
Room TBA
Lani Tolon-Sol, Indigenous Wellness Coach, Healing House – A Safe Space for Sacred Soul Searching (Iroquois)
Nurturing Self-Care Practices through the Arts, Movement, and Reflection
The goal of this interactive workshop is to provide a safe space for people to learn about self-care practices to improve their mind, body, and soul wellness and prevent burnout. As indigenous people, the work of organizing and social action outreach can be very rewarding, yet very taxing in terms of mental and physical fatigue. Our ability to have a healthy relationship with ourselves sets the tone for all other relationships. During the workshop attendees will get a chance to take time from busy schedules and learn about tools and resources that can be used to create a customized self-care plan. These skills allow us to better cope with empathy, anxiety, stress, and other emotions.

11:00 AM - 11:15 AM
Lobby
Healthy Break

VISIT OUR VENDORS AND EXHIBITORS!
GENERAL SESSION & KEYNOTE ADDRESS

11:15 AM - 12:15 PM
Kon Tiki Ballroom
Featuring Keynote – Mashell Sourjohn
“In a Livable Community, People of All Ages Can ……..”
Join us for an interactive conversation on our AARP Livable Communities initiative, and learn more about how to access FREE community building resources and tools available from AARP. Participants will be connected to unique livable community resources, community and home assessment tools and family caregiving resources that matter to you, your family, and your community. What we do might surprise you. We’re all about real possibilities www.aarp.org/nativeorigins

12:15 PM - 1:00 PM
Beach
Healthy Lunch provided

SPECIAL SESSION

1:00 PM - 1:30 PM
Kon Tiki Ballroom
Carol LaRue, OTR/L, LifeCentrics, LLC
Minding Your Mind: Harnessing the Power of Thought for Presence, Possibility, and Positivity
Our reality and everyday experience is a reflection of our thoughts – our knowledge, perceptions, experiences and interpretations of life events. The ‘magic’ of our mind is created by how we choose to see our self – at home and at work, how we see the world, and what we choose to give our attention to. The saying, “Change your mind, change your world” really is true!

In this presentation we will experience and practice the benefits of mindfulness, presence, focused attention, interpretation, and the benefits of creativity and quieting the mind. What do you want in this world? Think it, visualize it, feel it, and believe it. What do you have to lose?

SESSION 6 – CONCURRENT SESSIONS

1:45 PM - 2:45 PM
Room TBA
James Junes, Motivational Speaker/Inspirational Speaker/Native Comedian, Navajo Tribe
“Living Warrior Strong” - “Success is a Journey, not a Destination”
Success has everything to do with your individual choices, actions and experiences. No matter how big or small they are. Success has to do with being honest and true to who you are and how you choose to respond to every circumstance that occurs in your life.

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Melanie Smokey, Native Wellness Advocate, Alpine County Behavioral Health Services (Shoshone/Washoe)
Gathering Traditional Medicine
Plants are born knowing their jobs; it’s up to us to accept their gifts. Many plants are vanishing and need our help. We need people to visit our plant relatives, to establish the relationships needed to keep our people and our natural healers alive and healthy. Many of us live near busy highways and cities and struggle due to harvesting issues such as spraying of pesticides, pollutants, over population, and lack of water resources. Come and sample some tea, and talk about our natural resources and how we can utilize our plants in everyday life.

1:45 PM - 2:45 PM
Room TBA
Birdie Wermy, Project Specialist, NW Portland Area Indian Health Board (Cheyenne and Arapaho Tribes of Oklahoma)
Wellness in the Workplace
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VISIT OUR VENDORS AND EXHIBITORS!
8-10-hour day(s) of work by getting up and moving. We will cover our wellness policy and provide other materials and tools surrounding wellness in the workplace. Our wellness activities include daily workouts such as running, walking, yoga, pilates, stairs, biking, crossfit, and crafting.

1:45 PM - 2:45 PM
Room TBA
Ramona Medicine Horse, Director, Shoshone-Bannock Tribes
**Historical Trauma from a Personal Perspective**
“Telling my history of the effects of the boarding school era generations.” I’ve seen the long-term effects of how the trauma has affected many of my generation and yet younger generation as well. The loss of respect of elders, traditional values lost, and role reversal all will be discussed.

1:45 PM - 2:45 PM
Room TBA
Rosanne Gephart, President, Better Beginnings (Blackfeet)
**Reducing Obesity and Diabetes through Breastfeeding Promotion**
Breastfeeding is associated with lower risks for obesity and diabetes in both the mother and the child. How can we get this critical information to our people? Do our health care providers know the facts about breastfeeding? I will present facts about health promotion and breastfeeding and demonstrate how families, tribes, and health care providers can improve the dissemination of information and provide support to mothers and their families. Breastfeeding was the normal way to feed babies. Bring back the tradition!

2:45 PM - 3:00 PM
Lobby
**Healthy Break**

**SESSION 7 – CONCURRENT SESSIONS**

3:00 PM - 4:00 PM
Room TBA
Charlotte Ross, Consultant & Trainer, Charlotte Ross Consulting (Montreal Lake Cree Nation)
**Embracing Humor as Resilience**
As Native people across Turtle Island, we have had a strong resilient history that includes humor as our strength. We will learn about healthy humor vs. shaming humor from examples that cross the border between Canada and the US. Through unpacking our histories, our languages and traditional practices become a central focus of who we are. You will be able to identify elements of healthy humor, shaming humor and strategies to embrace wellness using laughter. In the process, we will learn the importance of physical, emotional, mental, and spiritual balance on our wellness journey. Be prepared in this session to have moderate movement and extreme peaks of laughter splattered with the occasional knee slapping movements accompanied by having fun.

3:00 PM - 4:00 PM
Room TBA
Brenda Whitleye, Transitional Support Worker/Crisis Counselor, Three Fires Women’s Shelter (Walpole Island First Nation)
**Living with Diabetes**
This is my personal story of how I developed Diabetes Type 2. I was a working mother, a workaholic. I provided well for my children in a respectable job. I often did not drink or eat anything until 2:00 or 3:00 p.m. As a result my body stopped producing the required insulin to break down my sugars. Sugars come from starch. Starch turns to sugar. The changes started occurring in my body. Had I been informed as to what could happen if one doesn’t eat right, nor exercise, and not take time to relax and nor handle stress appropriately, nor be aware of what diabetes is, I would have changed my lifestyle years ago. Now I know! I live each day monitoring what I eat, I take time to exercise, and I check my glucose levels.

I am independent, have my own home (which I had built in my community) and have raised seven children. I enjoy my 19 grandchildren. I choose to be positive. I
am a widow—I was married at the age of 18, had my first child at age 19, and my last child at age 43. I am not an alcoholic nor a drug user. I enjoy life. I have always worked to provide for my family and am very proud of their accomplishments. I am an Ojibway woman. My parents are Ojibway and Pottawatomi, from Walpole Island. My husband was Ojibway, Mohawk, and Delaware. I love this opportunity to share my story in hopes others will learn from it. I am insulin dependent, therefore I inject insulin and my glucose levels are good. I still work, although I choose to work fewer hours and thus am partially retired.

3:00 PM - 4:00 PM
Room TBA
Daniel Dickerson, Associate Research Psychiatrist, American Indian Counseling Center

Gardening for Health Using Traditions
American Indians/Alaska Natives (AI/ANs) have among the highest rates of co-occurring psychiatric disorders and diabetes compared to other ethnic/racial groups in the U.S. Furthermore, although approximately 70 percent of AI/ANs reside in urban areas, very few evidence-based culturally tailored diabetes prevention interventions targeting urban AI/AN adults with mental health disorders are available. Gardening for Health Using Traditions (GHUTS) is a new culturally-appropriate diabetes prevention intervention for urban AI/AN adults with psychiatric disorders utilizing gardening. The purpose of this workshop is to provide an overview of qualitative data generated from focus groups conducted among: 1) urban AI/AN adults who are receiving mental health services in Los Angeles County, 2) mental health and physical health providers who serve urban AI/ANs, and 3) the GHUTS community advisory board. Information gathered assists our understanding of the mental health and diabetes prevention needs of urban AI/ANs in Los Angeles County and provides suggestions for the cultural appropriateness of the GHUTS protocol.

3:00 PM - 4:00 PM
Room TBA
Nicolette Teufel-Shone, Program Coordinator, Hualapai Tribe (Hualapai)

Diabetes Prevention and Management: Reaching the Community through Employees
The Hualapai Tribal Community is located on a one-million-acre reservation in Northwest Arizona. The on-reservation population is approximately 2,000, with 67 percent being adults > 19 years of age. The 2018 estimate of diabetes prevalence in adults is 15.1 percent. Diabetes and complications are primary causes of illness in the community. An innovative strategy is needed. Since most households have one or more members who are tribal employees, the Hualapai Tribe is turning to its employees to model the health behaviors needed in the community. Employees Working 4 Health (EW4H) offers: 1) group and individual physical fitness training and diabetes prevention education classes to fit into employees’ work schedule, and 2) coordinates community-wide walking and weight loss challenges so employees can recruit their family members to participate in healthy behaviors, and 3) organizes walks/runs to celebrate all community events, e.g., Indian Days, Red Ribbon Week, etc. The goal is to change the physical activity and food choice and preparation norms in the community.

3:00 PM - 4:00 PM
Room TBA
Jason Champagne, Native Chef, LLC

Food is Life’s Medicine; Who Knew Sautéed Vegetables with No-Salt Could Taste So Good!
In this engaging cooking demonstration, Native Chef Jason Champagne provides a visual experience on how to make a simple nutrient-dense, carb-friendly, no-sodium vegetable dish look amazing and taste even better. Chef Jason demonstrates simple knife cuts to make vegetables look more appealing. He shares on how to use colors in dishes and enhance flavors with fresh herbs and lime juice in place of salt. He will provide tips for participants on how to enhance a plate presentation, understand portion control, and leave with increased confidence the audience can do these simple sautéed dishes easily at home.
SPECIAL SESSION

4:05 PM - 5:05 PM
Room TBA
Patrick Trujillo, Private Consultant (Cochiti Pueblo/Jemez Pueblo)
Healing Circle

Thursday, April 25, 2019

7:00 AM - 8:30 AM
Foyer
Continental Breakfast

7:30 AM - 1:00 PM
Foyer
Exhibits Open

9:00 AM - 9:15 AM
Room TBA
Opening Remarks
Featuring Master of Ceremonies Patrick Trujillo, Private Consultant (Cochiti Pueblo/Jemez Pueblo)

SPECIAL SESSION

9:15 AM - 9:30 AM
Kon Tiki Ballroom
Barbie Johnson
“Chair Exercises – Time to Move”
Chair Exercise is an adaptive approach to traditional exercise routines—only done in a seated position. It is ideal for people with lower body injuries or disabilities, those with weight issues, diabetes, or the individual looking for a change from traditional exercise routines. Chair Exercise is a total body workout incorporating all the components of fitness. It teaches that exercise can be done by anyone!

CLOSING SESSION & KEYNOTE ADDRESS

9:30 AM - 10:15 AM
Kon Tiki Ballroom
Featuring Keynote – Anthony Ramirez, Exercise Specialist, Sac and Fox Nation of Oklahoma
“How a Health Fair is Built”
We will be going over in detail how a large health fair can be established to reach the community and target all areas of health care; including mental health, addiction, Veteran Affairs, hospice, diabetes, heart disease, and exercise. At the Sac and Fox Nation we hold a once-a-year health fair in July that will see anywhere from 400-600 Native Americans from a plethora of different tribal affiliations throughout Oklahoma, Kansas, and other surrounding states in attendance for our annual powwow.

10:15 AM - 10:30 AM
Foyer
Healthy Break

10:30 AM - 12:00 PM
Kon Tiki Ballroom
Closing Circle
Featuring Master of Ceremonies Patrick Trujillo, Private Consultant (Cochiti Pueblo/Jemez Pueblo)

12:00 PM - 12:30 PM
Foyer
Distribution of CEU’s and Evaluations

Continuing Education
General CEUs: The University of Oklahoma will provide 1.5 CEUs or 15 contact hours to any participants seeking continuing education. No cost.

Please visit the 18th Native Women & Men’s Wellness Conference website for additional updates to the schedule and program agenda. Thank you for your attendance!
MEETING SPACES

FLOOR 1 FLOOR 2

EVENT SPACE SIZE SQ. FT. HEIGHT RECEPTION BANQUET THEATER CLASSROOM SQUARE CONFERENCE TABLE TOPS

KON TIKI BALLROOM 85 x 60 4876 25 700 350 425 224 90 -- 34

AVIARY BALLROOM 84 x 52 4368 10.6 600 300 352 224 90 -- 34

Toucan 30 x 52 1560 10.6 200 100 126 84 56 36 11

Macaw 30 x 52 1560 10.6 200 100 126 84 56 36 12

Cockatoo 24 x 52 1248 10.6 150 80 90 56 52 36 11

Toucan & Macaw 60 x 52 3120 10.6 400 200 300 168 84 52 23

Macaw & Cockatoo 54 x 52 2808 10.6 350 180 216 140 80 42 22

BOARDROOM 44 x 40 1728 9 150 120 140 80 50 34 14

East 22 x 40 864 9 75 50 70 40 36 26 7

West 22 x 40 864 9 75 50 70 40 36 26 7

ROUSSEAU SUITE 96 x 40 3852 10 280 250 200 150 -- -- 30

Center 68 x 40 2788 10 200 180 120 80 54 42 19

East & West 28 x 40 1064 10 80 70 90 48 40 34 8

MARQUESAS SUITE 29 x 19 551 9 50 30 40 -- -- 20 --

STERNWHEELERS

WILLIAM D. EVANS -- 3200 -- 450 330 40 -- -- 20 --

William D. Evans #1 36 x 40 1400 -- -- 160 170 96 40 40 --

William D. Evans #2 36 x 50 1800 -- -- 170 200 96 40 40 --

BAHIA BELLE -- 1843 -- 150 140 -- -- -- -- --

Bahia Belle #1 22 x 43 946 -- -- 100 80 48 30 20 --

Bahia Belle #2 23 x 39 897 -- -- -- 80 40 30 20 --

OUTDOOR LAWNS

BEACH NORTH -- -- -- 1000 800 -- -- -- -- --

BEACH SOUTH -- -- -- 200 130 -- -- -- -- --

Catamaran Resort Hotel

EXHIBITORS AND VENDORS

(at time of printing)