

# PROGRAM SCHEDULE

## SATURDAY, JUNE 20, 2009

This conference is sponsored by:



In association with the California Area Indian Health Service and the Sacramento Native American Health Center, Inc.

### Day-at-a-Glance

9:00 - 9:50 a.m.	Registration Breakfast Buffet Health Fair Exhibits
9:50 - 12:15 p.m.	Morning Session
12:15 - 2:00 p.m.	Buffet Lunch Visit Health Fair Exhibits
12:45 - 2:00 p.m.	One-on-One Sessions
2:00 - 3:30 p.m.	Afternoon Session
3:30 - 4:00 p.m.	Closing Session



12:45 p.m. & 1:30 p.m.

### REZ ROBICS

Get up and move the 'Rez Way' with Pam Belgarde. Pam is the producer of the Rez Robics DVD that will be given to the first 100 families to arrive at the conference.



*"I learned more today than I had in 10 years of having diabetes."*

- TCOYD Native American TCOYD, 2008

## TAKING CONTROL OF YOUR DIABETES

Doubletree Hotel Sacramento ♦ 2001 Point West Way, Sacramento, CA 95815

9:00 - 9:50 a.m.  
Registration Open  
Breakfast Buffet  
Visit Health Fair Exhibits

**Morning Session**  
9:50 - 12:15 p.m.

9:50 a.m.  
**Drummers**  
Wellbriety Drum, Sacramento  
Native American Health Center, Inc.

**Blessing**

10:00 a.m.  
**Welcome & Introduction**  
Margo D. Kerrigan, MPH, (White Earth Band, Chippewa) California Area Director, Indian Health Service; and Helen Maldonado, PA-C, CDE, (Kashya Pomo/Jener Pomo Indians in Northern California) California Area Indian Health Service

10:20 a.m.  
**Taking Control of Your Diabetes: It's All About Getting Educated, Motivated and Empowered!**

Steven V. Edelman, MD, Blood brother with diabetes, Endocrinologist, TCOYD Founder and Director

11:20 a.m.  
**Overcoming Emotional Barriers to Good Diabetes Control**

Darryl Tonemah, PhD, (Kiowa/Comanche/Tuscarora) Health Behavior Change Specialist, Director Health Promotion Programs at the University of Oklahoma, Norman, Oklahoma, and an excellent singer/songwriter

11:45 a.m.  
**Laughing Your Way to Wellness**

Vanessa Short Bull, (Oglala Sioux) Athlete, Ballerina, Former Miss South Dakota



12:15 p.m.  
Adjourn for lunch and afternoon programs

**Afternoon Program**  
**Buffet Lunch**  
12:15 - 2:00 p.m.

12:15 - 2:00 p.m.  
**Visit Health Fair Exhibits**

12:45 p.m. (Repeated at 1:30 p.m.)  
**Rez Robics**  
Pam Belgarde (Turtle Mountain Chippewa, North Dakota) Rez Robics

**One-on-One Discussions**  
12:45 - 2:00 p.m.

This is your opportunity to sit down one-on-one with the experts to talk about being healthy with diabetes and to get your feet examined.

- 1. Ask A Specialist**  
Joshua Opperman, PA-CA, Sacramento Native American Health Center, Inc.; and a faculty of Diabetes Specialists from the Sacramento area
- 2. Nutritional Counseling**  
Dietitians Cathy Carmichael, MS, RD, Sacramento Native American Health Center, Inc.; and Beverly A. Calderon, MS, RD, CDE, California Area Indian Health Service
- 3. Blood Pressure, Blood Glucose and Body Fat Testing**  
Medical Assistants from the Sacramento Native American Health Center, Inc.; Angela De Anda, (Big Valley Rancheria Band of Pomo Indians); Crystal Martinez, (Ione Band of Miwok Indians); Audrey Placencia, (Tuolumne Band of Me-Wuk Indians); Stacy Aguilar, (Wilton Miwok); and Kristina Venegas
- 4. Emotional Counseling**  
Darryl Tonemah, PhD, (Kiowa/Comanche/Tuscarora) Health Behavior Change Specialist

# Registration Information & Fees

First 100 Families to Arrive Receive a Native Health & Fitness DVD: "Rez Robes" and "Rez Robes for Couch Potato Skins"



Registration: (800) 998-2693 or [www.DiabetesUSA.org](http://www.DiabetesUSA.org)

## 5. Foot Screening

Ingrid Kruse, DPM, Podiatrist, VA Medical Center, San Diego; and a faculty of local podiatrists

## Afternoon Session

2:00 - 3:30 p.m.

2:00 p.m.

### Be Sweet To Your Feet!

Ingrid Kruse, DPM, Podiatrist, VA Medical Center, San Diego

2:30 p.m.

### What Could I, Should I, Can I Eat?

Cathy Carmichael, MS, RD, Dietitian, Sacramento Native American Health Center, Inc.

3:00 p.m.

### How to Keep Your Heart Thumping and Your Kidneys Kicking

Steven V. Edelman, MD, Blood brother with diabetes, Endocrinologist, TCOYD Founder and Director

## Closing Session

3:30 - 4:00 p.m.

### Taking Care of the People: Managing Ourselves

Evan Adams, MD, (Coast Salish) Aboriginal Health Physician Advisor, co-star of Smoke Signals



### Wrap Up and Adjourn

Helen Maldonado, PA-C, CDE, (Kashya Pomo/Jener Pomo Indians in Northern California) California Area Indian Health Service

*"This conference was a helpful awakening for those in deep denial."*

- Native American TCOYD, 2008

## REGISTRATION FEE

Space is limited. Please register as soon as possible and no later than Friday, June 12th 2009. After June 12th, please call (800) 998-2693 to see if there is still room.

**\$15 Per person**

**\$20 On-site**

**(Breakfast and lunch is included)**

Financial aid is available. Call (800) 998-2693 for qualification details.

## GROUP INFORMATION

Space is limited at this event. If you are organizing a group to attend, please call TCOYD as soon as possible to get your group registration started. 1-800-998-2693

## ADDRESS

Doubletree Hotel Sacramento  
2001 Point West Way,  
Sacramento, CA 95815  
Phone: (916) 929-8855

## PARKING

Parking is complimentary at the hotel

**If you have special needs, please call TCOYD at (800) 998-2693**

## ACCOMMODATIONS

Hotel accommodations can be made at the Doubletree Hotel Sacramento. Taking Control Of Your Diabetes group rate starts at \$109 per night. Please call the hotel directly to check on availability, (916) 929-8855.

## FOR MORE INFORMATION

Call our TCOYD office:  
(800) 998-2693, or (858) 755-5683  
FAX (858) 755-6854

Look for us on the internet:  
[www.DiabetesUSA.org](http://www.DiabetesUSA.org)

*TCOYD is a 501(c)3 Charitable Organization. We rely on donations to support this conference. Please consider a donation in addition to your registration fee.*

## First Attendee

Name \_\_\_\_\_  
Address \_\_\_\_\_ Apt. \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_ Phone No. (\_\_\_\_) \_\_\_\_\_  
Email Address \_\_\_\_\_

## Second Attendee

Name \_\_\_\_\_  
Address \_\_\_\_\_ Apt. \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_ Phone No. (\_\_\_\_) \_\_\_\_\_  
Email Address \_\_\_\_\_

## Third Attendee

Name \_\_\_\_\_  
Address \_\_\_\_\_ Apt. \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_ Phone No. (\_\_\_\_) \_\_\_\_\_  
Email Address \_\_\_\_\_

## Fourth Attendee

Name \_\_\_\_\_  
Address \_\_\_\_\_ Apt. \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_ Phone No. (\_\_\_\_) \_\_\_\_\_  
Email Address \_\_\_\_\_

## PAYMENT (See registration fees left column)

Total Registration Fees \$ \_\_\_\_\_

Additional Donation/Gift Amount \$ \_\_\_\_\_

**Total** \$ \_\_\_\_\_

AmEx  Discover  VISA  MasterCard

(Please print clearly)

Name on Card \_\_\_\_\_

Billing Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Credit Card No. \_\_\_\_\_

Exp. Date \_\_\_\_\_ Signature \_\_\_\_\_

Make checks or money orders payable to:  
**Taking Control Of Your Diabetes or TCOYD**

## MAIL TO

Taking Control Of Your Diabetes  
1110 Camino Del Mar, Suite B, Del Mar, CA 92014

Sacramento 2009 / Office use only:

Date rcv'd \_\_\_\_\_ Check No. \_\_\_\_\_ © TCOYD 2009





Taking Control of Your Diabetes  
1110 Camino Del Mar, Suite B  
Del Mar, California 92014

SATURDAY, JUNE 20, 2009

9:00 AM - 4:00 PM

DOUBLETREE HOTEL SACRAMENTO  
SACRAMENTO, CALIFORNIA

Nonprofit  
Organization  
U.S. Postage  
**PAID**  
San Diego, CA  
Permit No 1



First 100 Families to Arrive Receive a  
Native Health & Fitness DVD: "Rez Robics"  
and "Rez Robics for Couch Potato Skins"

### Nationally Renowned Conference Featuring:

- ◆ Top physicians, diabetes educators, foot specialists  
All with the mission to help you
- ◆ Health Fair showcasing state-of-the-art technologies  
and advances in diabetes care
- ◆ Variety of lecture topics
- ◆ Opportunities to speak one-on-one with diabetes care experts
- ◆ Physical activities for everyone
- ◆ For Native Americans with diabetes or pre-diabetes,  
and their family members
- ◆ Healthy buffet breakfast and buffet lunch

TCOYD is a not-for-profit 501(c)3 charitable educational organization.

# TAKING CONTROL OF YOUR DIABETES CONFERENCE & HEALTH FAIR

SATURDAY,  
JUNE 20, 2009  
DOUBLETREE HOTEL  
SACRAMENTO, CA

The Ultimate Event  
for Native Americans  
with Diabetes

TCOYD is a not-for-profit 501(c)3 charitable educational organization.





**“One of the biggest differences between diabetes and other diseases is that diabetes control is in the hands of the patients, not the doctors. This TCOYD conference will give people an edge on the information and empowerment they need to live well with diabetes.”**



— Steven V. Edelman, MD, Endocrinologist  
Living well with diabetes, Founder and Director, Taking Control Of Your Diabetes, Professor of Medicine, UCSD School of Medicine, VA Medical Center, San Diego

Guided by the belief that every person with diabetes has the right to live a healthy, happy, and productive life, Taking Control Of Your Diabetes™ educates and motivates people with diabetes to take a more active role in their condition and provides innovative and integrative continuing diabetes education to medical professionals caring for people with diabetes.

## 2009 TCOYD Schedule Conferences & Health Fairs

- February 7 Amarillo, Texas
- February 28 Augusta, Georgia
- April 4 Honolulu, Hawaii
- April 5 Hilo, Hawaii
- May 2 Raleigh, North Carolina
- May 30 Indianapolis, Indiana
- June 20 Native American, California
- September 19 Milwaukee, Wisconsin
- October 10 Santa Clara, California
- October 24 San Diego, California
- November 21 Albuquerque, New Mexico

For more information about these programs go to [www.DiabetesUSA.org](http://www.DiabetesUSA.org) or call TCOYD at (858) 755-5683 or (800) 998-2693.

**Don't Miss Taking Control Of Your Diabetes TV!**

TCOYD-TV airs monthly on UC-TV and online at [TCOYD.org](http://TCOYD.org).

## SPECIAL GUEST SPEAKERS

### Vanessa Short Bull

Vanessa Short Bull (Oglala Sioux) is a popular public speaker who is a classically trained dancer and a Nike endorsed fitness athlete. She was born on the Pine Ridge Indian Reservation of South Dakota and has competed at both the Miss USA and Miss America Pageants, winning Miss South Dakota in 2000 and 2002. Miss Short Bull serves as a First Lieutenant in the Army Reserve Medical Service Corps, is currently studying for a Masters of Public Health and is employed at the Northwest Portland Area Indian Health Board.



### Evan Adams, MD

Dr. Evan Adams (Coast Salish) gained fame for his role in the film *Smoke Signals* playing the part of Thomas Builds-the-Fire. Klah Ah Men, a documentary he co-directed with Jan Padgett, premiered at the Native American Film and Video Festival in 2003. His playwright credits include *Son of Raven*, *Dirty Dog River*, *Snapshots*, and *Stonefaces*.



Adams is a physician. He graduated from the University of Calgary and served his medical residency in Aboriginal Medicine. His current title is Aboriginal Health Physician Advisor for the Ministry of Healthy Living & Sport serving the province of British Columbia.

An accomplished traditional dancer and weaver, he is a member of the Sliammon First Nation and was raised near Powell River, British Columbia.

This conference is sponsored by:



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### CORPORATE SPONSORS

This conference is underwritten by Taking Control Of Your Diabetes with corporate grants from:

#### Platinum Corporate Sponsors



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