Program Schedule SATURDAY, JUNE 20, 2009







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-onone 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



Registration: (000) 440-2043 or www. Diabetes USA. 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

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

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First Attendee	
Name	
Address	
City	State
ZipPhone No. ()	
Email Address	
Second Attendee	
Name	
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Third Attendee	
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Additional Donation/Gift Amount	
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□ AmEx □ Discover □ VISA □ Master	
(Please print clearly) Name on Card	
Billing Address	
City/State/Zip	
Credit Card No	9
Exp. DateSignature	
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

Date rcv'd _____ Check No.____ © TCOYD 2009

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SATURDAY, JUNE 20, 2009 9:00 AM - 4:00 PM DOUBLETREE HOTEL SACRAMENTO

SACRAMENTO, CALIFORNIA

Nonprofit
Organization
U.S. Postage
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San Diego, CA
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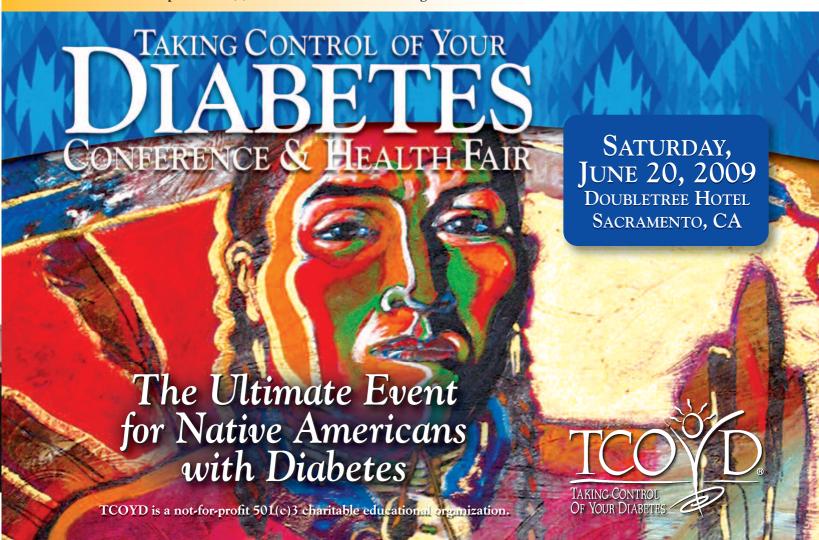


First 100 Families to Arrive Receive a
Native Health & Fitness DVD: "Rez Robics"
and "Rez Robics for Couch Potato Skins"

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.



"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 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.

SPECIAL GUEST SPEAKERS

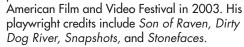
Vanessa Short Bull

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 codirected with Jan Padgett, premiered at the Native



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:



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





CORPORATE SPONSORS

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

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