

1049 On The Trail Please Remember to always send name and address with check points..!

ANCHORAGE THROUGH THE ALASKAN RANGE:

- Number of walkers at:
- 440 Anchorage to (20 mi)
 - 69 Eagle River to (29 mi)
 - 37 Wasilla to (14 mi)
 - 29 Knik to (52 mi)
 - 15 Yentna to (34 mi)
 - 23 Skwentna to (45 mi)
 - 11 Finger Lake to (30 mi)
 - 10 Rainy Pass to (49 mi)

ACROSS THE INTERIOR:

- 12 Rohn to (93 mi)
- 7 Nikolai to (48 mi)
- 4 McGrath to (23 mi)
- 3 Takotna to (38 mi)
- 8 Ophir to (60 mi)
- 6 Cripple to (112 mi)

DOWN THE YUKON RIVER:

- 3 Ruby to (52 mi)
- 3 Galena to (52 mi)
- 2 Nulato to (42 mi)
- 6 Kaltag to (90 mi)

AROUND THE NORTON SOUND

- 2 Unalakleet to (40 mi)
- 1 Shaktoolik to (58 mi)
- 2 Koyuk to (48 mi)
- 0 Elim to (28 mi)
- 0 Golovin to (18 mi)
- 2 White Mountain to (55 mi)
- 2 Safety to (22 mi)
- 51 Nome

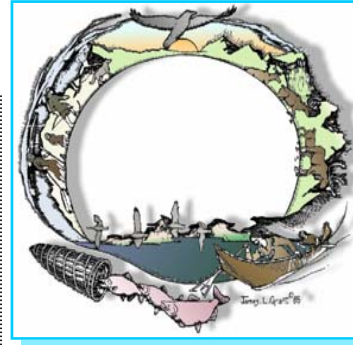
The 1049 Mile Fitness Walking Program is one way many people are putting regular physical activity in their day. Walk, run, ski, snowshoe or bike.... The 1049 program offers incentives to participants on the trail. Enjoy the fun and fitness between family members, co-workers, friends and new "trail blazers. Time for you to join the "Family on the Move" to strengthen your physical and spiritual wellness. Contact: Hozelleeh Denh Lifestyle Center, Chief Peter John Building, 122 1st Avenue, Fairbanks AK 99701. (907)452-8251 ex 3773

**4,178,088 miles +
10,894 miles (this quarter) =
4,188,982 MILES
COVERED BY 754 WALKERS
OR
8,836,604,000 steps +
21,788,000 steps (this quarter)=
8,858,392,000 TOTAL STEPS
RECORDED ON THE TRAIL Since 2000**

**TALES FROM THE TRAIL MORE THAN A WALK;
A DISCOVERY OF ONE'S SELF**

Tanana Chiefs Conference
Chief Andrew Isaac Health Center
1408 19th Ave., Rm. 320
Fairbanks, AK 99701

**Mail To Address on Label Below
Return Address Shown At Left**



TAKING CONTROL

Hello! My name is Maja Pedersen, and I am a new face you will be seeing at the Hozelleeh Denh Lifestyle Center in the mornings. I am happy to be back in my hometown of Fairbanks after living in Trondheim, Norway and Seattle, WA for the past several years. My background is a B.S. in Health and Fitness Management from Pacific Lutheran University, and my specific interests involve wellness lifestyle behaviors including nutrition, obesity prevention and management, and recreation. I like to play soccer, be outside – camping, hiking, biking, skiing or running, cook and bake for friends and family, travel, and meet new people. I am also a part-time Exercise Physiologist for PACE Cardiac Rehab at Fairbanks Memorial Hospital, and look forward to using my background and experience towards helping motivate, encourage and support you in reaching your health goals. So grab some gym shoes and come down to the Lifestyle Center in the basement of the Chief Peter John Building to visit me, now would be the perfect time to start that new year's resolution or lose those extra holiday pounds. I hope to see you soon!



"To wish to be well is part of becoming well." - Seneca

Diabetes Program
Chief Andrew Isaac Health Center
1408 19th Avenue
and
Hozelleeh Denh Lifestyle Center
122 First Avenue
Fairbanks, AK 99701
451-6682
1-800-478-6682

Liza Sarah Vent, CDE, RN, BSN
Educator/Care Coordinator, X3766

Madeline Patterson-O'Dell, RD
Nutrition Educator, x3777

Darlene Lord-Thomas, RN, BSN
Chief Nurse

Shelly Agnes and Maja Pedersen
Physical Activities Attendant,
X3090

Hi,
My name is Lisa Donat (Richard) and I will be the new nurse with the Diabetes Program at CAIHC. I will be working closely with Sarah Vent and the other members of the Diabetes Team as I learn all the procedures surrounding the Diabetes program. Some of you may recognize me as I have worked for Tanana Chiefs Conference for over 6 years in the Home Care Department. I have traveled to almost all of the villages over those past 6 years and already know many of the Elders, Health Aides and the Home Care Providers in the villages. I have become quite familiar with the elders who have diabetes in the village and have worked with Sarah, Josephine and Madeline in the past to assist the Elders in getting appointments, supplies and other education they need to manage their diabetes. I have been fortunate enough to be able to attend the annual Diabetes Conference in Anchorage each year. ANMC puts on a great conference with experts brought in from all over the United States to share new information and ideas, yet the conference also focuses on the problems that are significant here in the Alaska Native population. I have been a nurse now for almost 22 years and have worked in many different settings, from hospitals in big cities to small rural hospitals in Kotzebue and Barrow. I enjoy teaching and visiting with people in their homes. I will miss my busy travel schedule to the villages, but I look forward to the challenges of a new job that focuses on a disease that is rapidly growing here in Alaska and all over the country. I will still have the opportunity to travel with the Diabetes Team to Health Fairs and other events in the villages. I will be starting my new job at the CAIHC, on the third floor, on February 5th. I look forward to meeting new folks who live here in Fairbanks and also some of the familiar faces from all my villages travels.

Allakaket Health Fair

Madeline & I traveled to Allakaket for their health on 11/2/06. We got to talk to the school students about diabetes & prevention. We had tables set up in the school gym for diabetes screening & awareness. Madeline offered information on choosing healthy foods. I offered blood sugars & blood pressure checks to community members. Thanks to Allakaket for inviting us to their wonderful health fair. We plan to attend the following health fair – Koyukuk Health Fair on Feb 21, 2007.



Sarah In Allakaket for the Health Fair.



L. Sarah Vent, RN, CDE

Letter From Josephine Malemute

I just wanted to take this time to thank all the wonderful people that I have had the pleasure to work with over 15 plus years at Chief Andrew Isaac Health Center. Thank you to the wonderful staff that worked for the Diabetes Program. I would like to thank Walter Palkovitch for all his help and support. You were always there to give me advice and full support whenever I had a question or needed advice on something. Thank you to Sarah Vent for working so hard for all of our patients and for being the only certified Diabetes Educator in TCC Health Services. Your dedication to our villages was apparent and much appreciated. Thank you to Madeline Patterson because you were the best Nutritionist that I ever worked with. You made it so easy to understand the concepts of nutrition not only for me; but, for all of our people in the TCC sub-regions, including Fairbanks. Thank you to John Martin; your work and education on how to exercise and use the equipment was appreciated by everyone. Thank you Shelly Agnes; although we only worked for a short time, I appreciated your dedication to educating the people in our TCC region and getting the information out there to let people know what is available at the Fitness Center. Thank you to Warren Whitmore for being such a wonderful office neighbor and watching over the “hood”. And finally, thank you to the people that I had the privilege of working with over the years such as Beverly Beardsley, Mary Jo Reynolds, Eileen Roberts, Mathilda Huntington, The medical staff, the pharmacy staff, medical records staff, nursing staff, contract health staff, IS staff, and administration. It was an honor to work with each one of you and I hope you will all keep in touch. If you ever get a chance, please drop me an e-mail at jmalemute@ganaayoo.com Take care and God bless all of you. Ana Masee’



Turn Your New Years WEIGHT LOSS Resolution Into Action!

Follow these 4 steps to lifestyle change to find energy, a leaner look, and better health!

By: Madeline Patterson-O'Dell, RD

- 1. Eat breakfast, lunch, and dinner every day. Plan out snacks and eat them if you feel hungry between meals.** Breakfast, frequent meals, and eating when hungry increase the number of calories you burn in a day.
- 2. Plan every meal or snack to include: lean protein/healthy fat choice, a carbohydrate either high in fiber or a low fat dairy choice, and a non-carb veggie.** Choose from each of the 3 selection categories bellow and plan out a weeks worth of meals, make a shopping list and prepare and freeze a few ahead of time for those busy days.

What to eat: Make each meal more snack size; gradually decrease portion sizes until you get hungry every 3-4 hours, and then eat.

- Protein/Fat** – Increases metabolism, builds muscle to burn calories, and slows sugars.
Best Protein choice: Fish, moose, turkey, egg, nuts, (lentils, beans, or peas with a grain).
Best Fats: Omega-3 (fish oil) and monounsaturated fats (Cold pressed olive or canola oil)
Give up Crisco or substitute coconut oil – has no trans fat, and will increase the good cholesterol more than the bad.
Protein Portions: 1/3 palm - palm size according to hunger and activity – limit saturated fats less than 4 grams per meal.
- Carbohydrate** – These foods make sugar needed for brain function but can come out too fast and cause insulin release and weight gain. Having fat, fiber, and acidity in each meal can help you predict and choose “safe carb” meals that slowly release sugars.
Best choices of grains and fruit have 3 grams of fiber for 15-20 g carb: Grains (100% whole), Fiber Fruits: apple, berry, pear, cantaloupe, or low fat grass fed dairy.
RD Picks: Silver Hill’s Spelt or Dia-Beat-It bread or bagels, Ak-Mack crackers, Bobs Red Mill spelt, barley, rye, or Whole-wheat flour for home made cookies or muffins.
Sweeteners: Sweet Leaf brand Stevia, or Xylitol. Read ingredients of your food choices and reduce Fructose, it has now been shown to increase appetite and interfere with weight loss. Also avoid other sweeteners ending ose.
- Veggies** – Make these the focus of your meal, true veggies have <7g carb per serving. This trio of Protein, Carb, and veggie for most meal/snacks helps deliver steady long lasting energy for improved metabolism giving you longer to burn calories.
- Beverages** – just water, low fat milk (grass fed like Northern Lights or Organic Valley), or herbal teas; have between meals.

- 3. Get cardiovascular activity:** walking daily 25 minutes, and weight bearing 2 x a week.
- 4. Get 8 hours good sleep** to reduce insulin resistance (in bed by 10 if possible).