

TULALIP HEALTH SYSTEM  
DIABETES CARE AND PREVENTION PROGRAM

# NEWSLETTER

2022–2023

ACCOMPLISHMENTS

# Mission Statement

Provide diabetes self-management, education, and treatment in a manner that promotes wellness of mind, body and spirit along with the personal value of understanding preventative diabetes care.

## 2023 National and Regional Accomplishments



American Diabetes Association – ADA Recognized Diabetes Educational Program



Indian Health Service Program Spotlight and featured on IHS website for the ADA curriculum for the Native American Traditional Nutrition Program called “What can I Eat”



Washington State Diabetes Educator Conference Presentation on “The Medicine of Kindness”



Tribal Leaders Diabetes Committee Presentation in Portland, OR on Tulalip Tribes Diabetes Care and Prevention Program





In this newsletter our hope is to encourage and inspire you to become involved in your own health care and then to recognize and know we are here to support your efforts.

We hope you will find your way to us whether in the clinic atmosphere, our classes, our community outreach efforts at health fairs, local farms or our garden food and medicine programming.

We want you to know, you can join us and be involved at any time. We are here to serve this community with good hearts and good minds.



## About Us

We are a patient centered, team-based care program designed with the intention to create a place where our compassion meets the needs of our patients and community; where all are welcomed, respected and valued; where healing of the body, mind, and spirit can happen. We offer you a staff who have specialized training in diabetes management as well as providers in dental, behavioral health, pharmacy, patient care coordination, wellness and prevention services





## What We Do

**Our program has a vision of community that promotes balance and well-being in the pursuit of:**

- Healthy lifestyles which incorporate fresh foods and increased activities
- Education and awareness of diabetes and its complications
- Wellness and balance of mind, body and spirit for each person
- Spiritual, cultural, and traditional native values
- Respect and integration of individual healing paths
- Drug and alcohol-free lifestyles

## Our Commitment

We strive to provide the best possible health outcomes by using the latest in technology and most effective and safest medication therapy available.

We utilize the highest level of care using evidence-based practices to promote healing and wellness and we are open to ancestral health practices brought to us by our tribal families.

We believe in you taking ownership of your health and we are here to help your pursuit of balance and well-being for a lifetime. We will support you and your family and we consider this to be our privilege.



**Jeremy Howell, DHA, FACHE**  
*Health System Administrator*

served in US Navy for 20 years in multiple healthcare operations and clinical roles. He has extensive experience leading daily ambulatory care operations and larger strategic initiatives.



**Jeffrey Magone**  
*Deputy Health System Administrator*  
Specialty: Operation, Finance, and Logistics

enjoys working in healthcare because it allows us to help make positive impacts to our patients lives and their families everyday. He served in the US Navy for 23 years and retired in 2022.

# Outreach and Educational Activities

We understand everyone learns differently, so we have developed these offerings to our community and to patients of the Tulalip Health Clinic.

## For those who like outdoor classroom activities, we offer:

- U-Pick farm days at Garden Treasures Farm in Arlington
- Garden days at the diabetes wellness garden and trail
- Plant harvest and medicine making.
- Greenhouse activities
- Diabetes day camps and hikes



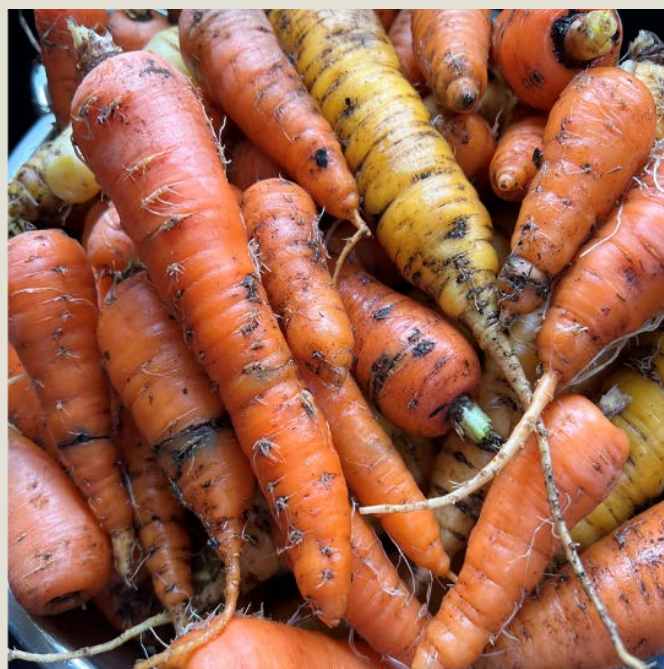
## Puget Sound Kidney Center joins us at Garden Treasures U-pick Days



### In Their Own Words

*“Last fall the Puget Sound Kidney Centers’ education team enjoyed a wonderful day of connecting with families and employees from the Tulalip Tribes over plentiful produce and pumpkins at Garden Treasures Nursery and Farm. The day was filled with community, while harvesting nourishing and delicious food. We are thankful to Veronica Leahy and the Tulalip Tribes for bringing us all together for another fun and fulfilling event.”*

# Garden Treasures Farm in Arlington – U-pick experience for all to enjoy!



# Diabetes Day Camp



# Diabetes Prevention is vital to the health of our native community to slow down the rate of diabetes on the reservation.

These words were true over a decade ago and are true today. Increasing awareness of diabetes preventative measures through being more active and becoming aware of how food impacts our health.

Growing foods or harvesting fresh foods from our local farmers, wild harvesting the greens of the earth, harvesting deer, elk, salmon, clams means we are part of our environment. For us to be healthy means we have a commitment to keep our plant and animal relatives healthy.

Our elders past and present have set our program on this course and we are continuing to be true to the mission past down to us. In the coming days, all are welcome to join us.

*Fireweed at Huckleberry Site*







*Plant Medicine and Wild Food Harvesting*

# The Greens of the Earth Garden Program



GREENS  
OF THE  
EARTH

*Garden Day at the Health Clinic—plants growing in the greenhouse*

# Children learning in the garden



## Benefits of gardening for kids:

- Using their five senses
- Developing fine and large motor skills
- Where nutritious food comes from and how it grows
- Responsibility
- Experience foods and opportunities, they might not get at home
- Possible life-long lessons that can be carried on to adulthood (self-sustained)
- Sensorial benefits
- Teaches patience, commitment, independence, and confidence
- Develops motor skills
- Strengthens emotional and interpersonal skills
- Encourages healthy eating
- Boosts confidence
- Exercise
- Builds community
- Helps children become environmental stewards
- Minimises stress
- Connects children with nature
- Gardening is fun
- Develops math skills
- Social interaction
- Teaches children to focus
- Develop cognitive skills
- Developing stem skills

# Tulalip Bay Lavender at the Health Clinic

## Growing Tips

- The most important factor for successful lavender growing is Drainage. If your soil is poorly draining soil try digging your hole twice the size of the pot the lavender came in and fill it with gravel and soil. Be sure the water drains quickly from the hole before planting.
- Lavender loves the sun. Be sure it receives at least 8 hours during the flowering season.
- Over watering is the most common reason for lavender plants to failing to thrive. They do not like soggy roots. Typically, watering is only necessary the first year as the new plants are getting settled in their new home.
- They don't need fertilizer and they don't like weeds. Try to keep weed free.
- Pruning is key to lavender living a long life. Here is my simple rule of pruning: This is absolutely important for good flower development. When pruning in late fall, prune 3-4 inches above the brown wood part of the stems. If you cut down too far into the woody part of the plant this will decrease plant life significantly.

## Making lavender salve

I like to use sunflower or almond oil to infuse the lavender flowers for about 6-8 weeks. Strain lavender flowers and then measure out 1 cup of lavender infused oil.

- 1/3 cup of beeswax pellets
- 2 tablespoons of shea butter
- Slowly melt all together in a double boiler- do not allow any water in the pan
- Then add 4 drops of Vitamin E oil
- 12 drops of lavender essential oil (use amount based on your preference.)
- Pour into small jars and let stand until solid.

# Chamomile

When I think of chamomile, I have thoughts of quietness but as I have studied this plant I have learned it has the remarkable ability to repair and calm our nerves. This is why so many people enjoy a cup of chamomile tea in the evenings. Growing chamomile is easy during the hot summer months and drying it for the long winter months during the hectic time of the holidays is something I look forward to. Listed below are some ways to best utilize this healing plant.

1. Dried for tea is the most common use but you can also dunk the tea bag in warm water for a few minutes and use as a compress on the skin.
2. Used as a salve it can help with mosquito bites and helps relieve itchy skin. Follow recipe above for lavender salve.
3. Freeze chamomile in ice cube trays with water to help with swollen eyes and even little red acne related breakouts. Or use to refresh ice tea, water or your favorite beverage.
4. Soak a soft cloth in chamomile tea and put in the freezer for infants to gnaw on when teething.



## Calendula AKA “Dales Flower”

This healing plant is everywhere in our health clinic gardens. It loves to reseed and make itself at home in your garden. This is quite common among our healers in the plant world. I also call this plant “Dale’s flower” this is because our elder, Dale Jones, always was willing to pick the petals for the medicine making process. He would water the plants and take care of the plants for us. This plant is most commonly used in our salves and oils due to its safety for people of all ages including our young ones.

### Making herbal body powder:

Simply use equal parts of arrowroot, bentonite clay and finely powdered calendula (I add dried powdered lavender flowers to mine) use a blender or grinder to make fine powder and strain any rough pieces out of the powder mixture. This powder is great for babies, yet can be used by adults for sweat and prevent chafing.

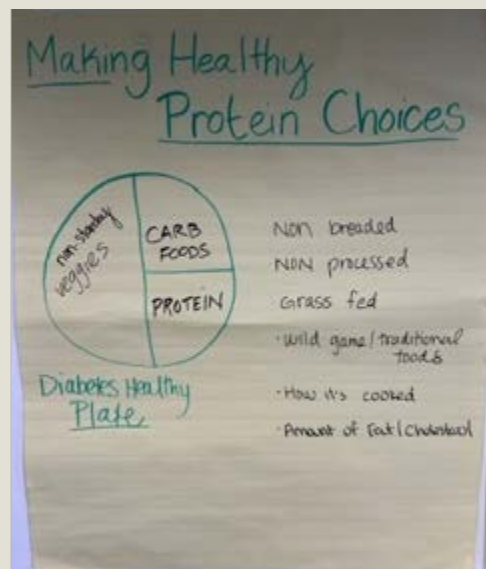
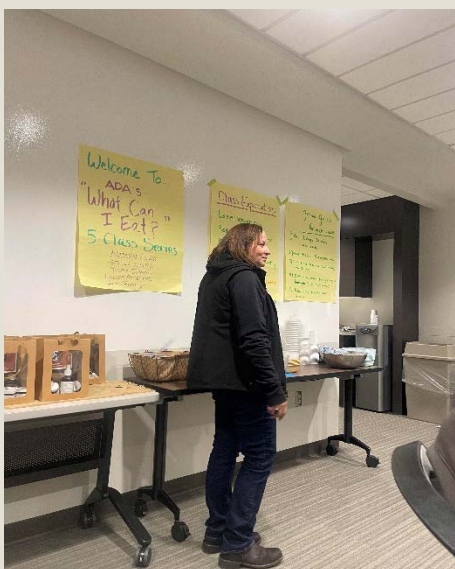
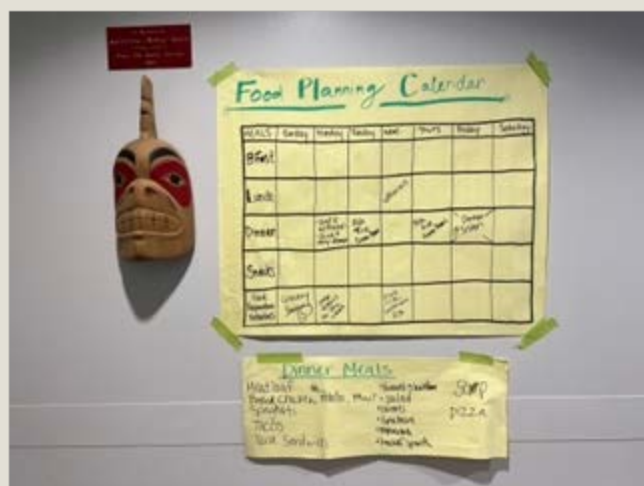


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## In Their Own Words

“The American Diabetes Association PNW team is excited to support the local efforts of Tulip Health System and continue to grow our partnership through education and resources.”

- Megan Darrow





## For those who like indoor classroom activities, we offer:

- Conversational map classes for patients with diabetes
- Diabetes day (similar to a health fair)
- Diabetes prevention day
- Online diabetes prevention classes
- Community workshops (which include food preservation and cooking classes) while also learning about diabetes and its prevention



# Diabetes Program 2023 UPDATES



**Dr Kay Moua**, *DNP, BC-ADM* finished her last day with our program on December 19, 2023. She will be missed by many and we wish her well in her future business endeavors.



**Brooke Morrison**, *Diabetes Prevention Assistant* moved with her immediate family to Texas in November of 2023. She is missed by us and our patients. We saw a lot of growth in her time with us and we wish her the very best in life.



**Dale Jones** retired after 55 years of working for the tribe. We miss him around the clinic everyday but we are happy for him to spend more time with his family and friends.



**Dr Natasha LeVee**, *PharmD, BC-ADM* since 2013, she has been providing services and care for our patients. Natasha believes that prevention is the key to good health, and aims to incorporate this into her practice at every opportunity.

As a pharmacist, she aims to optimize patients' medications to meet their overall health goals and the goals of the health care team.



**Rhonda Nelson**, *DPM Podiatrist* her passion is the care of elders and diabetes patients. Her care philosophy is early intervention and accessibility helps improve outcome.



**Dr Karen Foster- Schubert** *Medical Director* became our new director and she is also an Endocrinologist. She is an UW Assistant Professor of Metabolism, Endocrinology and Nutrition and Medicine. Her focus is on human obesity and body weight regulation. She has investigated the role of exercise-induced weight loss and macronutrient effects on the orexigenic hormone ghrelin, as well as ghrelin's effects on islet insulin release.



**Veronica Leahy**, *DCES Diabetes Coordinator* after 15 years, she continues to provide support for our team approach to care management and develop prevention activities and education for our community.



We will continue to have our primary care providers are here for your overall healthcare needs.

**ADDITIONALLY, WE OFFER:**

- Podiatry services
- Dental care
- On-site vision care
- Diet and nutrition counseling from a registered dietitian
- On-site physical therapists who are also available for home services
- Integrated medical and behavioral health services
- Massage and Acupuncture available for tribal membership



**Christopher Kinslow, DDS**

*Dental Director*

his care philosophy is improving access to quality care for all.



**Vicki Giacomani, EFDA**

*Expan. Functions Dental Aux.*

is very passionate about dentistry, and her goal is to help her patients ease dental fear. She finds it very rewarding when patients have a great visit and are motivated to return for care.



**Rachel Spillane, OD**

*Optometric Physician*

and her staff joined the Tulalip Health System and they are looking forward to providing the best vision services for our community!



# A message from our Physical Therapists

*Physical Therapy has been active in the community on several fronts!*



**Davis Morris, PT, DPT, COMT**

Tulalip Physical Therapy is leading the charge against diabetes by promoting activity. They have a weekly senior exercise class 1x/week that has been running for 2 years, and this last Summer, they organized a weekly walking group with community members and providers. And they continue to treat individuals diagnosed with diabetes.

Don “Panoke” Hatch has been attending physical therapy on and off for 5 years now. Over this time, he has been rehabilitated through a meniscus injury (knee) , and hip arthritis. “PT has helped me keep going over the years. We have worked on leg strength, balance, and endurance with walking. I can tell it all made a big difference.” Another elder, Marvin Jones, has been to PT for different issues over the last few years. “The biggest thing I have noticed is improved endurance – I can do more. I see a big difference in balance and don’t have pain



**Jarod Paul, PT, DPT**

anymore in my shoulder, hip, and shin. Diabetes has taken away my foot sensation, balance, walking, and PT is getting it back.”

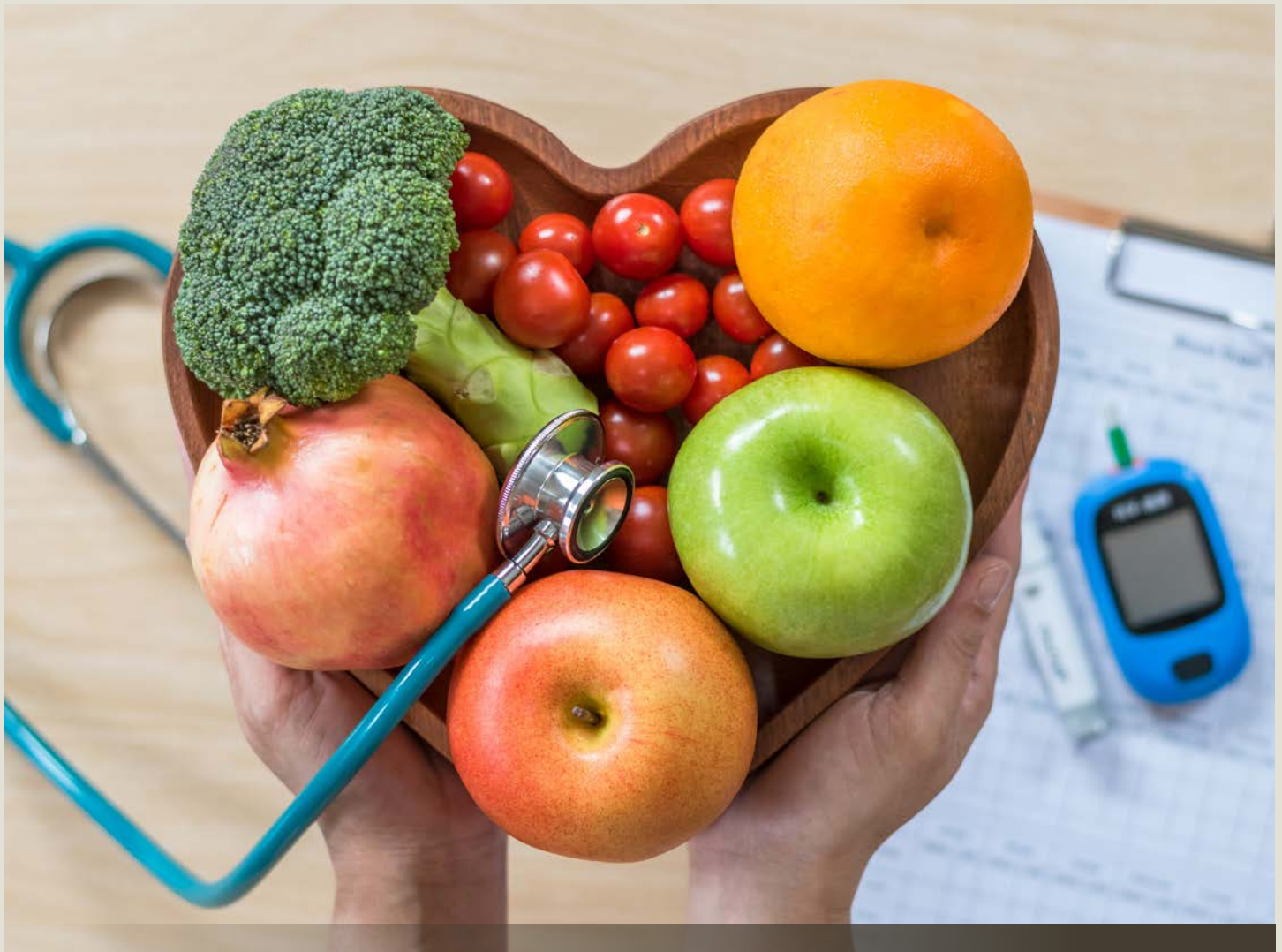
Physical Therapy has been helpful to dozens of tribal members with diabetes in reclaiming what diabetes has taken away from them. PT also continues to be active in providing opportunities to the community to get their physical activity in! Besides getting the right medications, and the right nutrition, physical activity is ranked among the TOP recommendations for those with or at risk of diabetes. Activities like brisk walking for 150mins a week shows unbelievable results, reducing insulin resistance, body weight, and preventing insulin spikes. PT seeks to continue offering more opportunities to reach the recommended 150mins of physical activity per week.

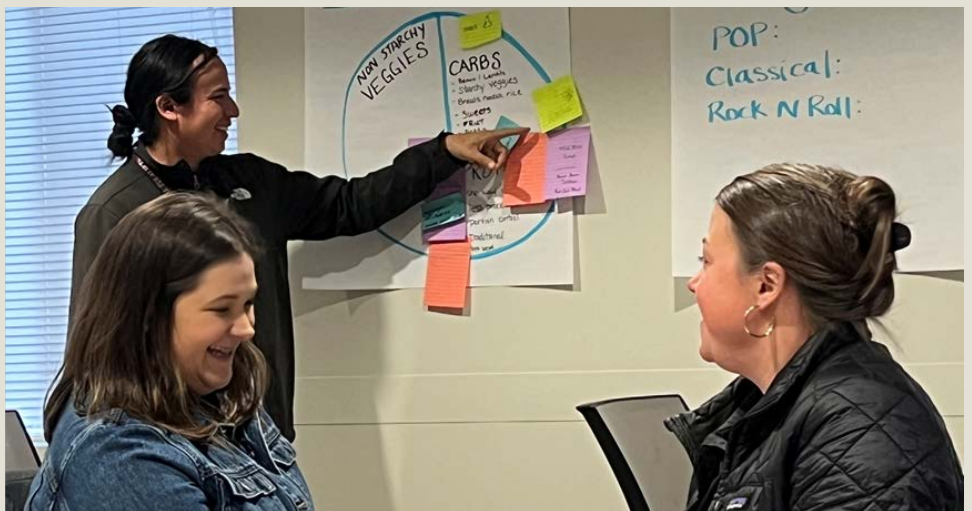
# Our Diabetes Educational Services

Our Clinical Care Pharmacist, **Howard Johnson** and Registered Dietitian, **Dawson Amerman**, will be here to facilitate your educational needs.

## Educational diabetes topics include:

- Healthy eating and meal planning
- Managing blood sugar and blood pressure
- Taking care of your feet, eyes, kidney, teeth/mouth and heart
- Becoming or staying active
- Taking medicines
- Feelings and emotions and coping with stress
- Lab tests and immunizations
- Tobacco use
- Pre-diabetes and preventative educational services





**Dawson Amerman**, Registered Dietitian and **AnneCherise Ramsey**, Nutritionist serving food in the community on behalf of the Community Health Department for SNAP Program.

## What Activities to Expect in 2024

We will be offering the Traditional foods nutrition classes, diabetes prevention workshops, garden days at the clinic with the farmers from Garden Treasures and Leslie Lekos from Wildroot Botanicals will be teaching from our medicine

wheel gardens, Farm u-pick days at Garden Treasures and Hazel Blue Acres Blueberry farm, Senior Center Fitness Classes and other surprises as the year unfolds. We are all looking forward to this year with some new team members!



**We hope you can see in our work that our intention is to share with you how we put into action our seven Tulalip Tribal values and to share some of our experiences with you.**

- 1** We respect the community of elders past and present and pay attention to their good words
- 2** We uphold and follow the teachings that come from our ancestors
- 3** It is valued work to uphold and serve our people
- 4** We work hard and always try to do our best
- 5** We show respect to every individual
- 6** We strengthen our people so they may walk a good walk
- 7** We do not gossip, we speak the truth



## Helpful Links

<https://www.diabetesfoodhub.org/>

<https://diabetes.org/food-nutrition/cooking-classes>

<https://diabetes.org/project-power>

<https://diabetes.org/tools-resources/for-caregivers>

<https://diabetes.org/living-with-diabetes/newly-diagnosed>

[https://www2.diabetes.org/kidney-care?s\\_src=vanity&s\\_subsrc=kidneycare](https://www2.diabetes.org/kidney-care?s_src=vanity&s_subsrc=kidneycare)

<https://diabetes.org/living-with-diabetes/type-1>

<https://diabetes.org/living-with-diabetes/type-2>

<https://diabetes.org/about-diabetes/prediabetes>



**For more information, please see our website.**

<https://www.tulaliphealthsystem.com/MedicalCare/DiabetesProgram>





**COMMUNITY  
HEALTH**  
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