

# The NEW You!

N—Nutrition

E—Exercise

W—Wellness

Spring 2009

Issue - 012



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## Honor Your Mother with Good Health

Join SD Urban Indian Health in celebration of the 10th Annual National Women's Health Week from May 10th — 16th.

Through a US Office of Women's Health grant, SDUIH is encouraging Native American women to take part in the national theme of "It's Your Time". Don't put off making that phone call to your clinic; schedule your annual screening and prevention exam today. Your health is important! Native American women who are screened during the National Health Week will receive a **FREE** health journal.

Take these simple steps to improve your health:

- Get up and Move — Exercise 2 1/2 hours each week.
- Eat a nutritious diet; every day eat foods from all food groups.
- Eat smaller portions to help control your weight.
- Get regular medical checkups and preventative screenings.
- Avoid risky behaviors like smoking or not wearing a seatbelt.
- Get enough sleep and manage stress.

Sioux Falls UIH will be hosting a **FREE** Wellness Luncheon **Saturday May 16, 2009** (11:00 AM — 2:00 PM) Ramkota Convention Center. Door Prizes will be given.

Call **339-0420** if you want to attend our Honor Your Mother with Good Health Luncheon.

Remember your  
Mother on  
Mother's Day.

Honor her with  
your own good  
health and  
wellness.



## June is National Dairy Month and National Fresh Fruit and Vegetable Month

We need to eat more fruits, vegetables, and low-fat milk/dairy products. These food groups give us vitamins, minerals, special plant chemicals that protect our body from cancer, and fiber. Adults need 3 cups of dairy, 2 cups of

fruit, and 2 1/2 cups of vegetables every day.

Fresh, frozen and canned products are all healthy choices. Look for sales and promotions in your local grocery stores in June. Try something new or use a different recipe.

### Fruit Smoothie—5 servings

- 1 1/2 cups skim milk
- 2 cups fat-free, sugar-free vanilla yogurt
- 2 ripe bananas, peeled and sliced
- 1 1/4 cups strawberries
- 2 packets sugar substitute
- 12–14 ice cubes

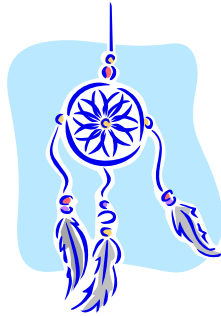
Combine first 5 ingredients in blender. Pulse or blend for short bursts to mix fruit into dairy. Add enough ice cubes to make 6 cups in the blender jar. Process until smooth, scraping sides as necessary. Approximately 150 calories per serving.



#### Summer Activity

*Catch Your Dream Reading Circles for grades 1-5 are held in Pierre and Aberdeen.*

*Call us if you would like to volunteer to help with the Youth program.*



## Catch Your Dream Native Youth Grant Expands to Sioux Falls UIH Clinic

SDUIH assists the Multi-Cultural Center (MCC) in Sioux Falls to provide a Native Youth Club. After school every Friday afternoon, 30–40 children gather at the MCC for food and fun.

Activities include:

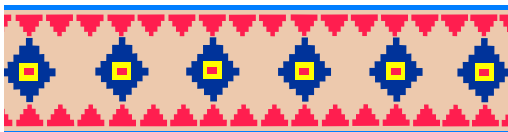
**Nutrition Break:** Enjoy a healthy snack and learn basic nutrition information.

**Exercise:** Join in fun-filled and energy packed traditional native games or skillastics games.

**Cultural Awareness:** Learn how to make cultural crafts such as beaded items, leather pouches, and dream catchers. A story teller and a language teacher help the children learn Lakota words and Lakota traditions.

**Please Call 339-0420**

**IF YOU HAVE A CHILD WHO**



**WOULD LIKE TO BELONG TO THE SIOUX FALLS NATIVE YOUTH CLUB**

## Marilee Johnson-Geary — Winter 2008

"I have enjoyed working at UIH for the last four and a half years, first in the Pierre clinic and now at Sioux Falls. I am a licensed mental health and certified chemical dependency counselor and am currently serving as the clinic's interim manager. This will be my 14th year working with Native American people. During these work experiences I have been honored to share in the joys and sorrows of countless Native Americans living both on and off reservations, whose amazing resilience against all odds continues to inspire me."



## The Eagle Award

The Eagle Award is given every quarter to a staff person who shows high work productivity, team-work, professionalism, attendance and a positive attitude. These recognized staff have gone above and beyond what is expected of them in their defined work or job descriptions.



## Ashley Brewer — Spring 2009

Ashley has worked at the Pierre clinic for the past year and a half as an Administrative Assistant. The front desk can be a busy place to work but Ashley has a cheerful smile for clients and coworkers while coping with daily challenges. In addition, Ashley works with the KEYA diabetes prevention program, assists with the billing/accounts receivable program, and helps with special projects and facility reports. Staff report that Ashley accepts these assignments without complaint and is always in good spirits. She is married and has two children. She loves traveling, camping, rodeoing, boating, and being with family and friends!

**South Dakota  
Urban Indian  
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**Providing  
holistic care to  
the entire  
family.**



**Visit our  
website at:  
[www.sduih.org](http://www.sduih.org)**

***Innovations of Planned Care Project*  
Guides UIH Through Changes**

SDUIH is participating in a national pilot model project called *Innovations of Planned Care (IPC)*.

This project uses the best business plans in the nation and applies them to the health care industry.

The goal is to teach health care teams **how to improve the business process of providing exceptional care.**

SDUIH is improving our patient-centered health care system and encourages you to go to the "Community Page" on our web-site if you would like to help us improve our service and care approach.

Patients can complete Feedback Surveys on their care and services by going to an on-line form at our Web Site:

[www.sduih.org](http://www.sduih.org)

*Take a daily spirit walk to help clear your head, burn off stress, and control your weight.*