

Spirit Lake Special Diabetes presents “A Sacred Life Center” Newsletter

What is SDPI and the Sacred Life Center?

The Special Diabetes Program for Indians (SDPI) started out as the Diabetes Fitness Program in 1998. In 2000, the program changed its name to the current SDPI. The goal of our program is to help participants stay as independent as possible in managing their diabetes through community education, monitoring, and support. We also want to prevent diabetes from the start.

In May of 2016, SDPI held a ground blessing of the St. Michael Catholic School bus garage and transformed it into a Diabetes/Fitness Center now known as “A Sacred Life Center”. A Sacred Life Center opened its doors in April of 2017 to the community.

Services we provide

- Diabetes Education to those with or without diabetes
- Diabetes Self-Management Education
- Fitness Classes
- Check vitals (ex. blood pressure, heart rate, temperature, etc.)
- Check blood sugar before and after exercise
- Individual Fitness Consultations
- Incentive point system: earn points and cash them in for prizes!

We are committed in providing tools and resources to help people manage and/or prevent diabetes to live longer, healthier lives



Meet the Staff

Tracy "Buzz" Charboneau-BSN RN, Program Manager/RN

Challsey Scallon- MS BSN RN, Program Coordinator/RN

Melissa Dauphinais- Data Coordinator

Jake DeMarce- Health Fitness Specialist (Fitness Tech)

Farin Liggett, Jr.- Fitness Tech

Inez "Frankie" Chaske-Custodial services

Stacey Rolland-Fitness Instructor

Congratulations to our Fitness Members of the Month!



Vicki Gourneau



Cody Greywater



Kristy Gaking



Richard Lawrence

What prizes can you earn?

10pts=water bottle, small kitchen item or socks

20pts=drawstring bag, shaker bottle or towel

25pts=earbud headphones

30pts=t-shirt, small blender, bakeware item, or fruit/veggie voucher

40pts=diabetes supply bag or diabetes insulated bag

50pts=subway or pita pit gift card

60pts=sweatshirt or sweatpants

100pts=shoes

200pts=FitBit Flex 2

300pts=Ipod

How do you earn points?

2pts=1 workout

4pts=tech workout

5pts=fitness class

5pts=individual diabetes consultation

5pts=reaching your diabetes goal

7pts=walking club

10pts=event

10pts=diabetes education

Eye Glasses Assistance

*\$250 towards eye glasses assistance is still available until December of 2017!

*You have to meet all of the following criteria for eye glasses assistance:

1. Be IHS eligible
2. Have a diagnosis of diabetes
3. Have an A1c lower than 9 (your vision can change as your A1c increases or decreases)
4. Have an updated fully-dilated eye exam within the current year.



*If you meet all criteria, you can go into "The Eye Clinic" in Devils Lake and pick out your eye glasses. Let Nancy know SDPI is going to assist with \$250 towards your glasses. If you exceed \$250, you will have to pay the difference before assistance can be released.

*Note: Assistance cannot be used for cosmetic additions (ex. tinting).

October

2017



REGULAR HOURS 6:00am to 6:30pm Monday thru Friday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED For Bazaar	2 Insanity@12:15-12:45	3 Walking Club @12	4 Walking Club @12 PiYo@12:15-12:45 PiYo@5:30-6:00	5 Walking Club @12 TurboKick@12:15-12:45	6	7 Walking Club @gam @ Crow hill 12:00PM-4:00PM
8 12:00PM-4:00PM	9 Insanity@12:15-12:45	10 Walking Club @12	11 Walking Club @12 PiYo@12:15-12:45 TurboKick@5:30-6:00	12 Walking Club @12 TurboKick@12:15-12:45	13 CLOSED Native American Day!	14 Walking Club @gam @Fort Totten 12:00PM-4:00PM
15 12:00PM-4:00PM	16 Insanity@12:15-12:45	17 Walking Club @12	18 Walking Club @12 PiYo@12:15-12:45 Insanity@5:30-6:00	19 Walking Club @12 TurboKick@12:15-12:45 Glow Walk/Run—FW school @ 6pm	20	21 Walking Club @gam @St. Michael 12:00PM-4:00PM
22 12:00PM-4:00PM	23 Insanity@12:15-12:45	24 Walking Club @12	25 Walking Club @12 PiYo@12:15-12:45 PiYo@5:30-6:00	26 Walking Club @12 TurboKick@12:15-12:45	27	28 Walking Club@gam @Tokio 12:00PM-4:00PM
29 12:00PM-4:00PM	30 Insanity@12:15-12:45	31 6:00am to 4:30pm Walking Club @12 				
<div>Ask us about WALKTOBER!</div>				<div> --Fitness classes</div>	<div> --Walking club</div>	<div> --Weekend hours/early closures/events</div>

Did you know?

DIABETES

29.1
MILLION

29.1 million
people have
diabetes



That's about 1 out of every 11 people



1 OUT
OF 4

do not know they
have diabetes

Humor Me



Copyright 2004 by Randy Glasbergen. www.glasbergen.com

"I can't wash the dishes or vacuum the den — I have diabetes!"

Need a ride?

Call Employment & Training at
(701) 766-1200 and let them
know you need a ride to the
Sacred Life Center.

The cost is on us if you use our
facility!



Contact Information

Special Diabetes Program for
Indians (SDPI)

Sacred Life Center

123 1st Ave N

St. Michael, ND 58370

Phone: (701) 766-4988