

Student Newsletter

June Summer 2014

CAIR Interns Attend Yaqui Wellness Camp

By Lorissa Garcia and Kwaayesnom Onsae

Kwaayesnom Onsae and Lorissa Garcia spent the first week of June 2014, as camp counselors at the Native American Research and Training Center's (NARTC) Youth Wellness Camp.

It was an awesome week in the mountains of Prescott, Arizona. From our morning reflections offered by various tribal/community members to good nutrition, and daily exercise to nightly bedtime routines, campers and counselors alike had the opportunity to meet new people, learn about tribes beyond their own, and gain valuable knowledge about the importance of a healthy lifestyle. While the 6am waking time wasn't a favorite of most at camp, the 16-hour days proved to be truly invaluable – even if we were all exhausted by day's end.



Lorissa Garcia (Right) helping Hopi campers with intake survey, Day 1.

Hearing from members of the Salt River, Pascua Yaqui, Hopi, and Yavapai about their homelands gave us all insight and reminders that we're not all that different from one another. We both had girls from the Salt River Tribal community in our cabins. Both groups were highly eager and actively involved in all of the activities that took place during camp. The days were filled with activities such as Zumba, line dancing, dodge ball, basketball, and tag. The wonderful Whispering Pines

Camp staff provided us with nutritious yet delicious meals and snacks that proved to be the campers' favorite activity.

Lorissa’s 10 year old girls enjoyed Zumba and line dancing, while Kwaayesnom’s 11 year old girls enjoyed basketball and dodge ball. The girls also enjoyed participating in the traditional/indigenous games shared with them as well.

Painting wooden birdhouses, jewelry boxes, and picture frames gave all of the campers and counselors a chance to express their creative talents, while the small-group storytelling gave everyone the



Lorissa Garcia (Right) with her cabin. Award winners!

opportunity to create stories that connected them with one another through shared-illustrations. During storytelling we were reminded that we are all role models and that we must look out and set good examples for one another. Also, in order to be



Kwaayesnom Onsae (left) doing accelerometer checks with fellow camp counselors (L-R) Derek Toledo, Towanda Pecos, and Kristen Melendez

healthy we must eat right, exercise, and create a safe physical and spiritual environment for ourselves and others. The educational sessions were a good means to engage the campers in learning about healthy lifestyles and the importance of making good choices, as they have a bearing on their lives – present and future, in terms of health. Making the educational sessions interactive, as opposed to “lecture-type,” held the attention of the campers and gave a

bigger window of opportunity for them to share thoughts and ideas about healthy living. Education sessions covered nutrition, diabetes 101, and bullying.

The best thing about the NARTC Wellness Camp was far and away meeting new people. For campers, it offered a chance to make new friends and gain mentors. For counselors and community participants, it was an opportunity to network and find “go to” people in the areas of healthcare in the tribes that were represented at camp. We are extremely grateful for the opportunity to interact with so many



amazing youth and adults alike. We look forward to continued interaction with all of them and anxiously await next summer's camp!

A special thank you to NARTC for allowing us to attend and to use their photos.

CAIR Interns Attend Native Research Network Conference

By Kory Kluge and Elison Allen

Elison Allen and Kory Kluge had the opportunity to attend the Native Research Network Conference: Resiliency: The Science of Strength on the week of June 1st-5th in Phoenix, Arizona.



Elison Allen (left) and Kory Kluge (right) with their NRN student poster.

The NRN conference taught a lot about the culture of Native Americans and some of the health problems that are happening within their communities. We attended and participated in different conference sessions that discussed various health issues and learned what programs are currently in place to combat these problems.

“For me this experience helped me understand the background of different tribes and gave me insight to their history. I especially enjoyed the conference on diabetes epidemiology by William C. Knowler and Lawrence Agodoa. These presenters did a great job discussing the problem of diabetes among Native American communities and how we can prevent it.” Kory Kluge.



We created and presented a poster with the work we have done so far with CAIR and defended our research. I feel like we did a great job because our booth was constantly filled with people who were asking questions and intrigued with what we had to say. We received positive feedback about Alison's videos and a fitness health educator for the Shoshone/Bannock tribes in Idaho requested to use the videos for their men's health conference.

In conclusion our experience with CAIR and NRN has been very rewarding and we are looking forward to our next conference because we are eager to learn more. The NRN conference was a total success and we would highly recommend it to anyone who wants to improve the health equity of Native Americans.

Thank you to the NRN for allowing us to attend.

July Summer 2014

CAIR Team at Kayenta Wellness Fair

By Amber Poleviyuma

Kwaayesnom Onsaе, Kory Kluge, Alison Allen, and Amber Poleviyuma had the privilege to attend and present the CAIR display at the Kayenta Wellness Fair coordinated by Monica Yellowhair.

Originally a part of an Elder's event, Kayenta Wellness Fair brought out a good crowd for the very first inaugural event. Every person who attended the event was given a 'passport' which listed each booth and a question about the program that the person had to ask representatives in order to get a stamp. When



Amber Poleviyuma explaining resiliency to a Kayenta elder.



the passport was completely filled out, the attendee would turn their passport in exchange for a raffle ticket.

The question we posed to attendees was 'what is resilience?' and 'what is an example of resilience?' Although, few knew the definition of 'resilience', each knew the concept very well. Many people shared their stories of resilience; a woman shared that she was a cancer survivor, a man explained how he was at the wellness fair to learn more about the illness affecting his family, while another man discussed what ways he was improving his diet to be healthy.



Kory Kluge, Kwaayesnom Onsae, Alison Allen, and Amber Poleviyuma (L-R) with future health care professional.



Kwaayesnom Onsae and CAIR students engaging with Kayenta elders.

The experience at the Kayenta Wellness Fair was great because those who attended were actively engaged in the event. I feel that CAIR was well-represented and our resources were useful to those who decided to take them. It was great to be able to communicate with the surrounding community about how they can continue to be resilient and to see how they themselves were being resilient by attending the event to learn more about health.

Thank you to Dr. Monica Yellowhair and Kayenta for having us.