

Wisdom Warriors: **Living Wise....Living Strong**



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Overview



- What is Wisdom Warriors?
- Why is this important?

Historical Cultural Losses



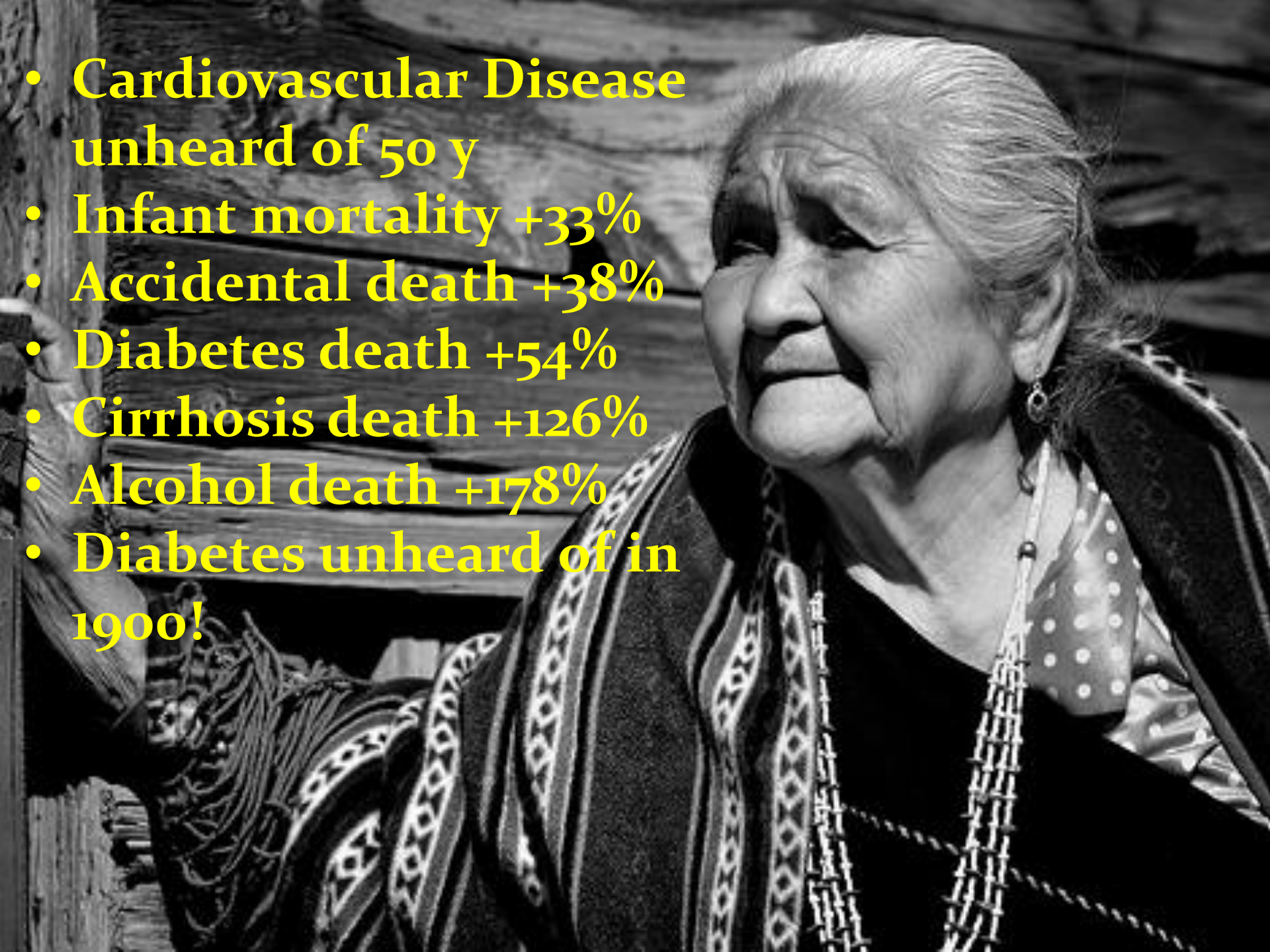
Native lands were exchanged for treaty promises, most of which have not been upheld, lands are constantly shrinking

Glenbow Archives NA-1338-109

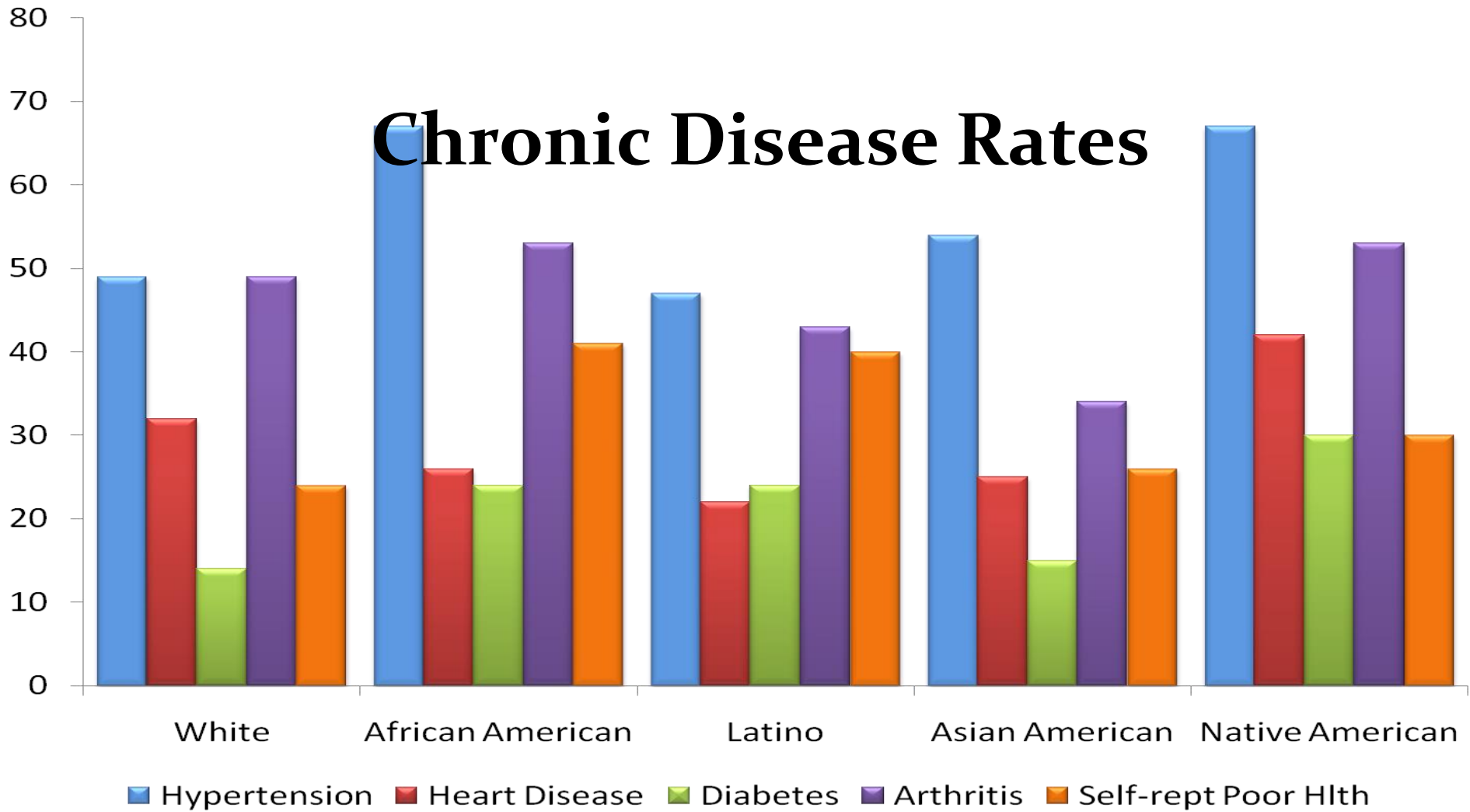
Years of poverty, poor medical care and cultural losses have left tribal people vulnerable to Chronic Diseases



- **Cardiovascular Disease unheard of 50 y**
- **Infant mortality +33%**
- **Accidental death +38%**
- **Diabetes death +54%**
- **Cirrhosis death +126%**
- **Alcohol death +178%**
- **Diabetes unheard of in 1900!**



Chronic Disease Rates

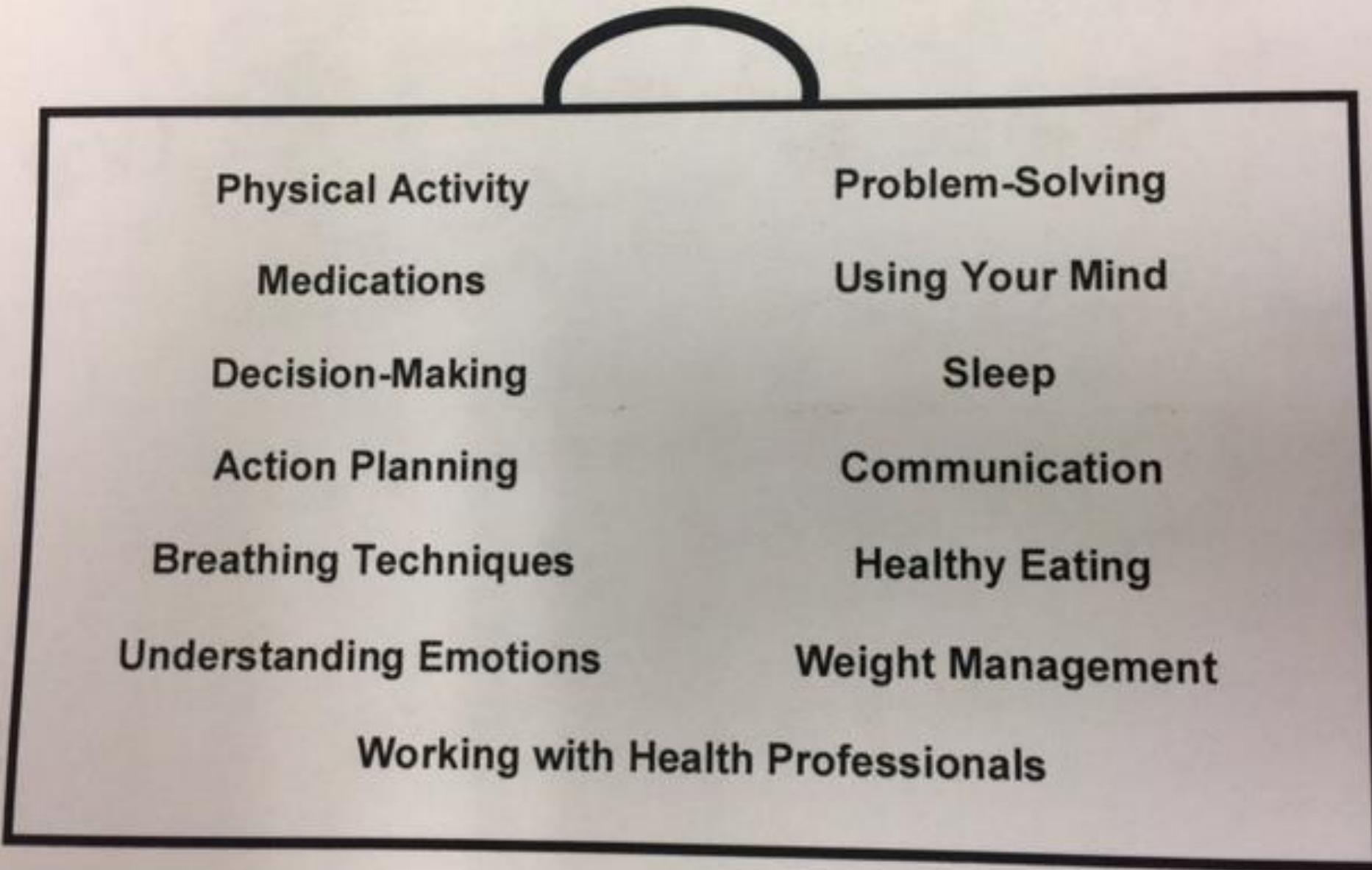


What Is CDSMP?

- Evidence Based created at Stanford
- Self Management Resource Center
- Began in 1991 International
- Six weeks 2½ hours per week
- Listening & learning activities including problem solving and action planning and keeping active
- Goal is to promote an “*my health, my responsibility*” attitude in participants

A woman wearing a large, brown fur hat and a matching fur jacket with a wide collar. She is holding two large, circular fans made of white feathers. Each fan has a circular woven pattern in the center, featuring a spiral design with red, blue, and yellow threads. The woman is smiling and looking towards the camera. The background is a blurred outdoor setting with green trees and a body of water.

How does CDSMP work?



Physical Activity

Medications

Decision-Making

Action Planning

Breathing Techniques

Understanding Emotions

Problem-Solving

Using Your Mind

Sleep

Communication

Healthy Eating

Weight Management

Working with Health Professionals

Self Management Model

Traditional Model



Self Management Model





Hello
my name is
Becky

Hello
my name is
Rob

- Self-manage
tasks
1. Take care of
health prob
 2. Carry out yo
normal act
 3. Manage yo
emotional c

Who Teaches?



New Beginnings



Health Checks

Physical examination

Mammogram

Prostate

Colonoscopy

Dental check

Wellness Check

Self Care





**Any Physical
Activity**

Spiritual/Cultural



Intergenerational Activities



Teach at Tribal School

Take your grandchildren to events

Spend some time talking to troubled youth

Share tribal traditions with the next generation

Participate in cultural/spiritual activities as a family



Wisdom Warrior Bag

Wisdom Warrior Pin

Central Tribal Pin

Bi-Annual Beads earned
and Charm

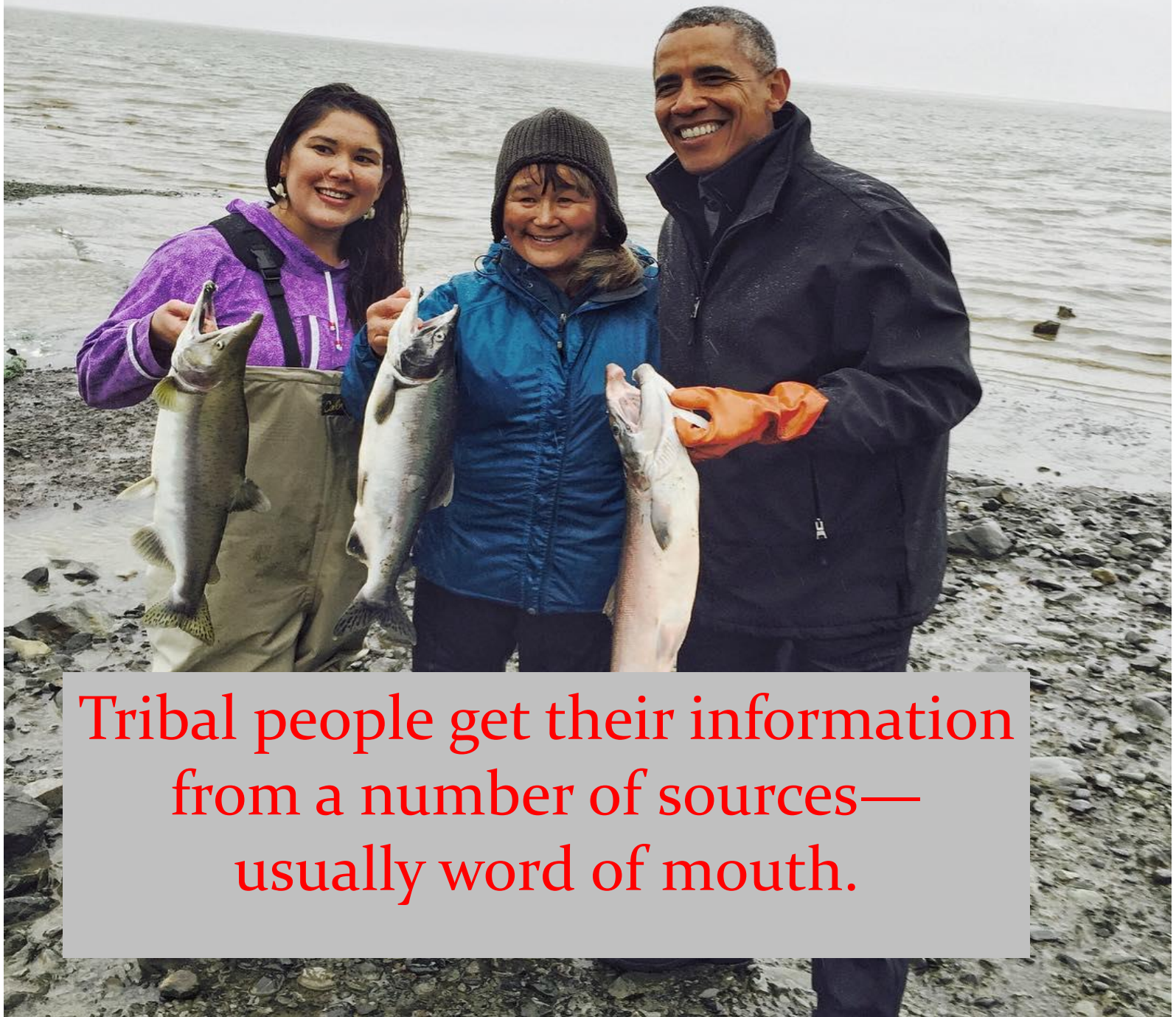
The image shows two women from the back, wearing traditional Haida blankets. The blankets are white with intricate black and yellow carvings of faces and symbols. They have long, light-colored fringes at the bottom. The women are standing on a balcony or walkway with a railing, overlooking a scenic view of mountains and water. The word "Outcomes" is written in a large, bold, black serif font in the upper center of the image.

Outcomes

Reduced Isolation, Sleep, Increased Energy,
Weight Loss, Mobility, Less Medication, Happy,
Healthier Elders Living Longer



Honoring Tribal Sovereignty



Tribal people get their information from a number of sources—usually word of mouth.

Wisdom Warrior Wish List

- Funding
- Data from Tribes
- Clinic Support
- Continuity
- More Lay Leaders
- Council Support
- Volunteers
- Traditional Foods
- Leather Donation
- Language Teachers
- WW Bag Makers
- Food for Classes
- Conference Host
- Conference Gifts or Donations
- YOU to join WW!



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