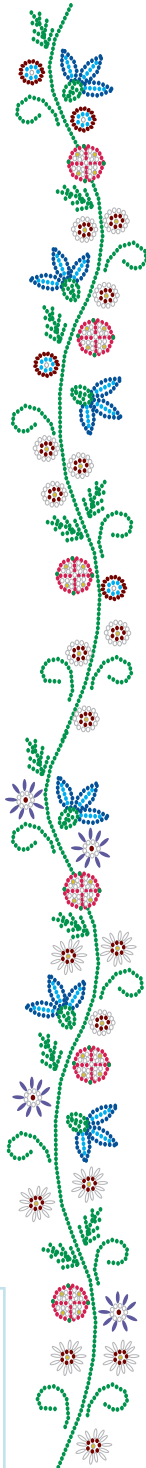
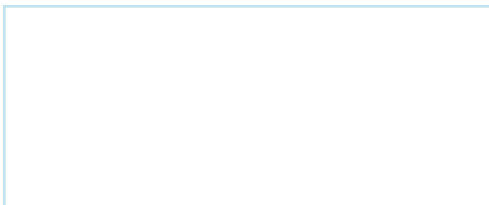


Wisdom Steps - Preventive Health for American Indian Elders

Mission Statement:

“Our Elders...Our Teachers” Wisdom Steps is a preventive health initiative, developed by American Indian Elders for American Indian Elders. Wisdom Steps invites Elders to actively participate in the development of innovative programs that will be acceptable in their local community. Culturally symbolic incentive awards encourage Elders to participate in health screenings, health education and healthy living activities. Wisdom Steps reaches over 500 American Indian Elders annually.

For more information about Wisdom Steps in your community please call:



Our Partners:

AARP, U.S. Administration on Aging, Arthritis Foundation North Central Chapter, Bemidji Area Indian Health Services, Centers for Medicare and Medicaid Services, Minnesota Board on Aging, Minnesota Chippewa Tribe Indian Area Agency on Aging, Minnesota Department of Human Services, Minnesota Department of Health, Minnesota Indian Affairs Council, National Indian Council on Aging, National Indian Health Services Elder Care Initiative, National Resource Center on Native American Aging, Pfizer Inc., Shriners Hospital, Social Security Administration, Southwest Mn. State University (SMSU), Stratis Health, Veteran's Administration.

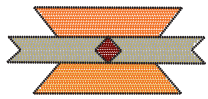
Our Tribal Support (Past and Present)

- Bois Forte Reservation
- Fond-du-Lac Reservation
- Grand Portage Reservation
- Lower Sioux Indian Community
- Mille Lacs Band of Ojibwe
- Prairie Island Community
- Red Lake Nation
- Shakopee Mdewakanton Sioux Community
- Upper Sioux Community
- White Earth Reservation



Come, Walk with Us





“Our Elders ... Our Teachers”

“Wisdom Steps” is an invitation to you, our Tribal Elder, to participate in activities that build your health.

You are encouraged to take simple steps like participating in health screenings, health education and healthy living activities.

It’s as easy as talking to your physician and setting a personal health goal. You could start a weight loss program or a weekly exercise program. Maybe you could improve your diet, stop smoking or start a walking program.

Why should you participate in Wisdom Steps? You are our Elder, you are our teacher.

And, by joining us with Wisdom Steps, you will receive a Wisdom Step pin, a charm for each year and certificates of participation.

Support your personal health goal by taking a few easy steps

Participate in **health screenings** for: Blood pressure, blood glucose, cholesterol, weight, hearing, vision, glaucoma, mammogram, pap smear, prostate, dental, foot clinic, colon rectal, flu shot, pneumovax, mental health.

Attend **health education** classes and programs that support your personal health goals. Attend your annual Tribal, urban or regional health fair or Medicine Talk Sessions.

Practice **healthy living** activities that improve your quality of life: Routine exercise, nutrition and diet, talking circles, promote safe environment, visit other elders and families, participate in activities that make you feel good.

Share your wisdom with our families and children.

To get involved, contact your Elder, Indian, Tribal or Urban Health Services.



Our Awards (Past and Present)

- National Indian Council on Aging Dr. Patrick Stenger Award
- SHARE Innovation Award (\$200,000)
- The Blue Cross Blue Shield “Champion of Health” (\$500) and the Minnesota Council on Physical Activity and Sports “Award of Excellence”
- The Bemidji Area Indian Health Service Award was given to our White Earth Reservation Medicine Talk Work Group for the development of “Medicine Talk” in 2002
- SHARE Recognition Award (\$75,000). Received Centers for Medicare and Medicaid Beneficiary Services Certificate of Merit for 2003
- Otto Bremer (\$50,000) and Grotto Foundation (\$5,000) Grants
- Otto Bremer grant for Wisdom Step Board Planning Retreat for next three year plan (\$15,335)
- UND National Resource Center for Native American Aging for 2003 (\$10,000)