



HO-CHUNK NATION
Department of Health
Ho-Chunk Health Care Center

December 22, 2011

President Jon Greendeer
Ho-Chunk Nation
W9814 Airport Road
Black River Falls, WI 54615

Dear President Greendeer,

In May of 2010 the Ho-Chunk Nation Diabetes Team began providing classes for clients who have diabetes and pre-diabetes. These classes are a series of 6 classes covering the basics of diabetes management, including; what is diabetes, medications, meal planning, physical activity, high/low blood sugars, heart health, preventing complications and managing stress.

This program is being offered through a grant from Indian Health Service through the Special Diabetes Program for Indians. Although the Ho-Chunk Nation has been receiving this grant since 1998, we have only recently begun offering a structured class atmosphere for clients to learn about managing diabetes. This structure will enable the Ho-Chunk Nation to apply for ADA recognition and enable us to begin billing for services through Medicare and Medicaid.

At this time I would like to request that Native American employees be allowed paid administrative leave to attend these classes. The schedule includes 6 classes that run on Monday and Wednesday afternoons as follows:

1. Class 1 – First Monday in January. This class lasts for about 3 hours.
2. Class 2 – Third Monday in January. This class lasts for 2 hours
3. Class 3 – Second Monday in February. This class lasts for 2 hours
4. Class 4 – Fourth Monday in February. This class lasts for 1.5 hours
5. Class 5 – Second Wednesday in March. This class lasts for 2 hours.
6. Class 6 – Third Wednesday in March. This class lasts for 2 hours.
7. Class 7 - Fourth Monday in April. This class lasts for 2 hours.

This is a sample of one set of classes. This schedule is on a continual rotation so we are beginning a new set of classes the first Monday of every other month starting in January, 2012. The participants are in class for a total of 12.5 hours over the 4 months.

As you may already be aware, research has proven that with obtaining knowledge about how to prevent or best manage chronic disease (such as diabetes) employees are best equipped to be

- *productive at work*
- *decrease the number of sick days*
- *increase morale in the workplace*
- *decrease health insurance costs*

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Thank you in advance for your consideration of this request. If you have any other questions please do not hesitate to call me at extension 5385.

Sincerely,

Karena Nichols
Karena Nichols
Diabetes Project Coordinator

Approved:



President Jon Greendeer

Disapproved:

President Jon Greendeer