

Dear Charles Nelson

November 26, 2014

Our Health Administrator

I would really appreciate it if you put this letter into the community newsletter. My name is Mel Good, I am a diabetic, I have been a diabetic for 22 years. I want to acknowledge your staff that are involved in the foot care program offered at the band office. Thank you: **Connie, Yvonne and Val** for your hard work.

I want to thank all of you for helping me see that my diabetes is my responsibility. All three of you have teachings for me. I have to take care of myself. I can safely ask questions and feel good about it. But I really love the awakening that **my health is my own**.

With my spirit I want to validate the health unit. Their concern is so enlightening for me. I lift up my hands. It is such a wakening. I am learning to respect the workers and myself. This is from my heart.

I am learning that I can change. That losing my feet or my leg can be prevented if I get involved in my own care. I want to thank those that care about me and my feet.

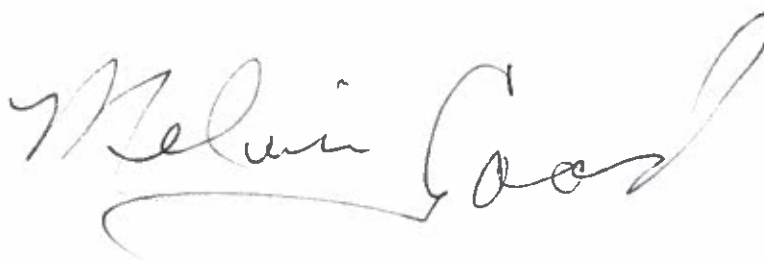
A special thanks to Connie for all her care, and all her teachings about diabetes, I encourage others to look to her. And if the band were to give an award then I would like to put her name forward for all the hard work. She has helped me and family.

We also need to be proud that we are now an Accredited Nation. I am proud of our band moving forward.

So this Christmas, I want diabetic stockings in my stocking.

Merry Christmas Everyone, and a Happy New Year. May your health be your great concern.

Hy'cep'qa

A handwritten signature in cursive script that reads "Mel Good". The signature is written in black ink and is positioned at the bottom right of the page.