

"Sacred Life Center"

April Newsletter

Spotlight of the Month!

Darcie Lohnes

Darcie started with the SDPI program back in September of 2005 and worked as the Data Coordinator; in 2008 she became the Grants Compliance Monitor; in June of 2011 she transferred to the Finance Department; in 2019 she returned to SDPI as the Director of the Sacred Life Center. She grew up in Saint Michaels, where she went to Warwick High School; after her high school years she then went on to Candeska Cikana Community College where she graduated with her Associates of Art in Accounting, Business Administration & Liberal Arts Degree.

Darcie is a proud mother of 4 sons (Talen, DeLynn, Dylan & Stephen), and recently welcomed her first grandson into the world (Taison Lohnes) and waiting for her second grandchild coming in April of 2019.

Darcie's main focus for the program this year is to have continued funding for the SDPI Program. With the cuts in Indian Country for the new budget for 2020 under Trumps Administration is a challenge.

She encourages everyone in the community to utilize the Sacred Life Center for their well-being. We are free of charge and come and take advantage of our classes, our 1-on-1 sessions and our future events we'll be hosting throughout the year.

Thank you Darcie for all that you do for the SDPI program and continue to help make a change for community!



March's Fitness Member of the Month!

Congratulations Wyatt Jetty & Lisa Robertson for becoming Fitness Members of the Month!



Wyatt had a total of 18 workouts! All 18 were “Tech” workouts! This equaled up to 36 points! He reached some new personal goals and continues to train hard!

Lisa had a total of 17 workouts! 4 were solo, 5 were Class sessions & 7 were “Tech” workouts! This also equaled up to 36 points! She’s been very consistent and has reached many goals this past month!



What Classes do we have to offer?

Monday ~ TRX Training @ 6:15 AM w/Jake D.

Tuesday ~ Stretching @ 12:15 PM & GET FIT @ 5:00 PM w/Farin L.

Wednesday ~ Lifestyle Class @ 12:00 PM at CCCC w/Jake D.
Stretching @ 12:15 PM at Blue Building w/Farin L.
Full-Body Circuit @ 5:30 PM w/Melissa D.

Thursday ~ Kettlebell Training @ 6:15 AM w/Jake D.
Full-Body Circuit @ 12:15 PM w/Melissa D.

Friday ~ GET FIT @ 5:00 PM w/Farin L.



LIMITLESS

Weight-Loss Challenge Results!

Top 10

| | |
|--|-----------------------|
| 1.) Pound Stompers | 18.6 Lbs. lost |
| 2.) Century 5 | 18.4 Lbs. lost |
| 3.) Guts to Dust | 18.2 Lbs. lost |
| 4.) Bringin' Sexy Back | 13 Lbs. lost |
| 5.) 8 2 Much | 11.6 Lbs. lost |
| 6.) Fry bread Thighs & Chokecherry Eyes | 11.2 Lbs. lost |
| 7.) Thank You, Next | 8.6 Lbs. lost |
| T-8.) Meaty Winyans | 8.2 Lbs. lost |
| T-8.) Starvin' Marvin's | 8.2 Lbs. lost |
| 10.) Powder Puff Girls | 7.2 Lbs. lost |

Slimpossible – The MVP's – Swole Mates – Double the Peter, Double the Fun – The Rebuild – Road Runners – Bod Squad – Team Get Some – Cowboys & Indians – Sole Sisters – The Real OG's – Waist Management

“Were not ranked but are still in the running”

S.D.P.I. Staff

Darcie Lohnes ~ Director

Melissa Dauphinais ~ Data Coord./Admin ASST./Personal Trainer

Jake DeMarce ~ Health Fitness Specialist/Personal Trainer

Farin Liggett ~ Health Fitness Specialist/Personal Trainer

Brad Jensen ~ Outreach Coordinator

Challsey Scallon ~ Program Adviser

Staff's Fun Facts!

Jakes favorite holiday is the 4th of July!

Melissa likes to eat baby food!

Farin was the only child growing up!

Challsey and her husband share the same birthday!

Brad likes to travel the world!

Darcie attended kindergarten at the Little Flower School the last year it was open!



April's Calendar & Events

| Spirit Lake Special Diabetes Sacred Life Center 766-4988 | | | | | | |
|--|---------------------------------|--|---|--|--|---------------------|
| April 2019 | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | 1 6a-4p TRX@6:15a | 2 6a-7p Stretching @ 12:15 Get Fit Class@5p | 3 6a-7p Stretching @ Blue Bldg@12:15 | 4 6a-7p Kettlebell@6:15a Full Body Circuit@12:15 | 5 6a-7p Get Fit Class@5p | 6 10a-2p |
| 7 | 8 6a-4p TRX@6:15a | 9 6a-7p Stretching @ 12:15 Get Fit Class@5p | 10 6a-7p Lifestyle Class@12 Stretching @ Blue Bldg@12:15 | 11 6a-7p Kettlebell@6:15a Full Body Circuit@12:15 | 12 6a-7p Get Fit Class@5p | 13 10a-2p |
| 14 | 15 6a-4p TRX@6:15a | 16 Closed | 17 6a-7p Lifestyle Class@12 Stretching @ Blue Bldg@12:15 | 18 6a-7p Kettlebell@6:15a Full Body Circuit@12:15 | 19 6a-12p | 20 Closed |
| 21  | 22 Closed | 23 6a-7p Stretching @ 12:15 Get Fit Class@5p | 24 6a-7p Lifestyle Class@12 Stretching @ Blue Bldg@12:15 | 25 6a-7p Kettlebell@6:15a Full Body Circuit@12:15 | 26 6a-7p Get Fit Class@5p | 27 10a-2p |
| 28 | 29 6a-4p TRX@6:15a | 30 6a-7p Stretching @ 12:15 Get Fit Class@5p | | | | |

We'd also like to wish our SDPI staff member, Farin Liggett, a very Happy Birthday this month!

*** April 2nd ***

Contact Information

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Sacred Life Center - SDPI

