



Qik'rtarmiut Asiitmen Kodiak Native Wellness News

KODIAK AREA NATIVE ASSOCIATION

Promoting Wellness & Knowledge for Kodiak's Native People



FEB/MAR 2017

Arctic Care 2017

More on page 6...



New Patient Housing at ANMC

The patient housing facility at Alaska Native Medical Center opens a new era of hospitality and care for Alaska Native people. Now, whenever travel to Anchorage for care at ANMC is necessary, our people will have a home away from home.

The new patient housing facility is attached directly to the hospital, so people also get the benefit of convenient and comfort in addition to the culturally-appropriate care and service they receive from ANTHC staff. KANA congratulates ANMC on their hard work to improve access to care for our and all Alaska Native IHS Beneficiaries.

More on page 8...

Tamamta Liitukut Kodiak Alutiiq Language Project

The Tamamta Liitukut Project Administration for Native Americans (ANA) Grant was awarded to the Sun'aq Tribe for 5 years with aims to help young children to experience Alutiiq as a living language in a culturally-relevant Kodiak Alutiiq immersion language nest for preschool-aged children.

This project is working to engage and recruit community members, strengthen elementary and middle school language outreach, and provide supportive services for high school and college level Alutiiq language students to promote Alutiiq conversation among families.

More on page 6...

Upcoming Events

6 Week Group Exercise Program for Elders

Call 486-1377 to sign up & schedule your program today!

Kodiak Tobacco Support Group

Thursdays, 4-5 pm at the Mill Bay Health Center

Infant Learning Program (ILP) Toddler Play Group

Fridays, 11 am - Noon at KIHA Family Investment Center

#iKANAdoFIT Youth Fitness Program Exercise Class - Ouzinkie

3:45 - 4:30 pm online, or call 486-1377 for more information.

Arctic Care 2017

March/April 2017 - All Kodiak Island Communities

COMPASS Training

April 12-14th at the KANA Community Services Center

Group Fitness Classes at the KANA Wellness Center

All our events can be found online at www.kodiakhealthcare.org. ■

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President's Letter



Greetings from KANA!

With the start of a New Year, it is time to reflect upon the accomplishments and challenges we've experienced as we move to identify new opportunities for 2017.

The changes occurring at KANA today are in direct response to the needs described by our Beneficiaries, and are made possible by several years of careful planning and management by

KANA's board and staff. We continue to work to improve the presence of Alaska Natives within our communities.

In response to the need for increased access to high quality dental care, KANA is expanding its dental services with the addition of new dental Providers including an oral surgeon. As our organization grows, we continue to provide additional, innovative solutions for care when and where our Beneficiaries need it. And because we believe that healthy individuals live in healthy communities, KANA has again partnered with the Innovative Readiness Team to bring Arctic Care back to our communities again in 2017 for its 6th year. These services, continuous outreach to our communities to increase awareness of KANA's services, and improved responsiveness to concerns are our top priorities.

Your continued input and involvement in developing KANA's services is instrumental to ensuring that our journey forward results in improved services and a greater quality of life for those we serve. I appreciate your time and welcome you to contact me at any time to provide feedback.

Respectfully,

Andy Teuber
President and CEO



Award Winning Care for Our Communities

Kodiak Area Native Association is an award-winning integrated health care and social services organization based in Kodiak, Alaska, with a team of more than 180 staff dedicated to our mission: "To Elevate the Quality of Life of the People We Serve." Recognized nationally for using a patient-centered approach to wellness, KANA envisions a future with the best quality care available to all people on Kodiak Island.



The Kodiak Chamber of Commerce presented Kodiak Area Native Association with the 2016 Cornerstone Award in recognition of its commitment to the people of this island. The Cornerstone Award is presented to one or more Chamber Members who, either through a special project or through their history of service to the Kodiak community, have become a cornerstone of the community, impacting both our businesses and the lives of our Kodiak residents. The award honors Kodiak Area Native Association for outstanding work for the past 5 decades and for the opportunities it has and continues to make available to our community.



KANA has been recognized for its commitment to health care in the Kodiak community with a 2016 Alaska Primary Care Quality Excellence Award and 2016 Primary Care Early Adaptor for Oral Health Award by Mountain Pacific Quality Health (MPQH).



These awards were given in recognition of KANA's commitment to high quality, accessible care for the Kodiak community and demonstration of achieving better clinical care, better health outcomes and reduction of health costs through the use of technology for consumers and the community. MPQH awards honors make sure the best quality health care is provided to every patient at the right time, every time.



NATIONAL
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KANA's Kodiak Child Advocacy Center became accredited in January 2017 by National Children's Alliance (NCA), the national association and accrediting body for Children's Advocacy Centers (CACs), demonstrating its commitment to providing consistent and evidence-based healing interventions.

Accreditation demonstrates the high-quality work of Accredited CACs to policymakers, funders, and supporters, and strengthens our ability to attract reputable, qualified staff, furthers and celebrates growth in our community. ■



KANA Dental Department Expands Services to Include Regular Fluoride Treatments for Village Residents

KANA's Dental Department has found new ways to offer improved dental health for rural communities year round. A new program has been implemented to provide fluoride varnish for village residents throughout the year with the help of our Community Health Aides (CHA). KANA CHAs have been trained in how to apply fluoride varnish to patients' teeth, making it easier for village residents to get preventative care when and where they need it. Since patients no longer need to wait for dentists or dental hygienists to travel to village communities to receive fluoride varnish, high quality care will be more accessible.

Fluoride varnish is a pale yellow gel that is applied to teeth using a soft brush. The gel sets quickly, and provides protection against tooth decay. Fluoride varnish has been scientifically proven to prevent or reduce decay, with a more significant effect when accompanied with regular brushing and good dental hygiene habits.

FLUORIDE REDUCES THE AMOUNT OF ACID PRODUCED BY BACTERIA THAT CAN DECAY TEETH.

Fluoride is a naturally-occurring element in water that deters bacterial growth and improves the structure of tooth enamel to make it more resistant to decay, especially

in young children. Fluoride is present to some extent in all water, food, and beverages, but the concentrations vary widely. Inadequate exposure to fluoride places both children and adults in the high risk category for dental decay.

FLUORIDE MAKES TOOTH ENAMEL LESS SUSCEPTIBLE TO ACID BY CHEMICALLY STRENGTHENING IT.

Fluoridation protects against dental decay throughout life. Adults with gum line recession are at risk for root decay because the root surface becomes exposed to decay-causing bacteria in the mouth. Fluoride acts against those bacteria and their effects on exposed tooth surfaces. KANA's Dental Department uses many preventative tools against dental caries, also known as tooth decay or cavities due to bacteria. Oral screening and assessments, patient education, fluoride varnish (topical fluoride application), and necessary referrals, helps prevent dental caries. This is especially important for high-risk populations such as rural communities.

FLUORIDE PROMOTES THE REPAIR OF TOOTH ENAMEL IN AREAS THAT HAVE BEEN AFFECTED BY ACID.

Fluoride varnish has been proven to be effective in preventing tooth decay in both children's primary and adult permanent teeth. It is applied 2 times per year or more for the prevention of tooth decay. It is ideally suited for application on all ages and in any medical setting because of its ease of application and minimal ingestion. Since no special equipment is needed, fluoride applications are readily adaptable to village clinic settings. ■

New Provider Profile: Stephen Tullis, DDS

Stephen Tullis joins the KANA Dental Team, bringing his skills from Nebraska from a long line of dentists in his family.

Dr. Tullis practiced as a General Practice Dentist in Lincoln, working on children, adults and elderly patients since 1994. He bought his own practice in 1996 and formed a successful partnership with his father, where he worked until February 2016 when they sold the practice.

Dr. Tullis was ready for a new adventure and decided to explore working for an Indian Health Service.

Since Alaska is known for offering great opportunities and grand adventures, Dr. Tullis applied right away when he found an opening on our team. Dr. Tullis has already found life on Kodiak to be impressive, "between the mountain and the seas" he said, "neither of which are in Nebraska!"

Dr. Tullis is looking forward to traveling to our village communities and building relationships there. He comes from a small town and understands the small town dynamic and is looking forward to building meaningful relationships with people all around the island. ■



COMPASS Training: A Guide to End Violence, Promote Respect and Strengthen Communities

COMPASS is a mentorship program developed by the Alaska Network on Domestic Violence and Sexual Assault and joined KANA's roster of community wellness programs in 2015. KANA is proud to offer the third annual program for Kodiak and village residents, with trainings and gatherings to guide individuals in ending violence, promoting respect, and strengthening our communities.

The COMPASS Training bolsters your ability to make good decisions by respecting yourself and others; and help you find opportunities to address tobacco, alcohol and drug abuse and challenge youth to choose wellness. Our staff challenges the mentors and youth who attend to rise above the temptation of peer pressure and substance abuse. More often than not, they have responded positively with enthusiasm.

As an island community, we know that any one person can't do it alone, and that our youth need positive support all the time.

By joining the trainings, you can become certified to become a leader in your community with the help of COMPASS tools and guides, enhancing your ability to offer meaningful activities for those who need it most- our youth. This training is ideal for those who are in a leadership role over youth ages 12-18.

If you are interested in learning more about COMPASS, call our Tobacco Prevention and Education Coordinator at 486-9865. ■



COMPASS Training
A Guide for Men to End Violence, Promote Respect & Strengthen Communities

Are you a mentor who works with youth? Register for this 3-day workshop, free and open to the public, to gain tools and training on how to better provide a safe place for youth to explore how they can grow and become healthy adults.



April 12th-14th 9am - 5pm KANA
KANA/Koniag Conference Room, Near Island

Space is limited, please register by calling 907-486-9865 or emailing matthew.kozak@kodiakhealthcare.org

ALASKA MEN CHOOSE RESPECT

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Coming Up Soon: Arctic Care 2017

In December, Arctic Care team members returned to Kodiak to coordinate last remaining logistical details of the upcoming March/April 2017 mission to provide rural health care services in our area. As in years past, the Arctic Care team has partnered with KANA, U.S. Public Health Service, United States Coast Guard, and Air station Kodiak to bring an array of services to the Kodiak community including medical, dental, optometry and veterinary care. Arctic care provides training opportunities for service members and units to prepare them for their wartime missions while supporting the needs of America's underserved communities.

Partners met at the Afognak Native Corporation, who generously shared their facility on Near Island to finalize the last remaining logistics and have responded with innovative tactics for

this year's efforts. Multiple full days of health care services will be made available to Kodiak Island communities, both in town and in each village, as needed based on population sizes throughout the March/April 2017 operation. Arctic Care services are open to everyone in the Kodiak community at no cost. KANA will again retrofit the downtown facility located at 111 Rezanof Drive as a temporary clinic housing medical, optometry, dental, and veterinarian services to the Kodiak community. Specialty services not regularly available in our community, including endodontic care, will be offered at the Mill Bay Health Center. Once scheduling details have been confirmed, appointment availability and instructions will be made available to the public.

Arctic Care is an extension of the Department of Defense's Innovation

Readiness Training program. "The Innovative Readiness Training is intended to activate reservists to come into an underserved area and prepare for wartime missions," said Tammy Hansen, Vice President of Health Services. Arctic Care provides joint service experience to active and reserve components of the Air Force, Army, Navy, and Marine Corps. Arctic Care Providers are all licensed, highly trained experts in their practice and will be fully credentialed to meet KANA's standards to provide the highest quality of health care available.

During the 2016 mission, Hansen said, "KANA serves as the conduit within the communities to ensure that the IRT has facilities, additional supplies, and transportation. This is our fifth mission and we would expect to continue doing this as long as we're able to." ■





Sniffle or Sneeze? No Antibiotics Please.

The Centers for Disease Control and Prevention (CDC) wants you to know: antibiotics don't work for a cold or the flu. Antibiotics kill bacteria, not viruses. And colds, flu and most sore throats are caused by viruses. Antibiotics don't touch viruses — never have, never will. And it's not really news. It's a long-documented medical fact.

But tell that to parents seeking relief for a child's runny nose. Research shows that most Americans have either missed the message about appropriate antibiotic use or they simply don't believe it. It's a case of mistaken popular belief winning out over fact. According to public opinion research, there is a perception that "antibiotics cure everything."

The problem is, taking antibiotics when they are not needed can do more harm than good. Widespread inappropriate use of antibiotics is fueling an increase in drug-resistant bacteria. And sick individuals aren't the only people who can suffer the consequences. Families and entire communities feel the impact when disease-causing germs become resistant to antibiotics.

The most obvious consequence of inappropriate antibiotic use is its effect on the sick patient. When antibiotics are incorrectly used to treat children or adults with viral infections, such as colds and flu, they aren't getting the best care for their condition. A course of antibiotics won't fight the virus, make the patient feel better, yield a quicker recovery or keep others from getting sick.

A less obvious consequence of antibiotic overuse is the boost it gives to drug-resistant disease-causing bacteria. Almost every type of bacteria has become stronger and less responsive to antibiotic treatment when it really is needed. These antibiotic-resistant bacteria can quickly spread to family members, school mates and co-workers — threatening the community with a new strain of infectious disease that is more difficult to cure and more expensive to treat.

According to the CDC, antibiotic resistance is one of the world's most pressing public health problems. Americans of all ages can lower this risk by talking to their doctors and using

antibiotics appropriately during this cold and flu season. ■

What do to for Colds & Flu

Children and adults with viral infections recover when the illness has run its course.

Colds caused by viruses may last for two weeks or longer.

Measures that can help a person with a cold or flu feel better:

- Increase fluid intake
- Use a cool mist vaporizer or saline nasal spray to relieve congestion
- Soothe throat with ice chips, sore throat spray or lozenges (for older children and adults).

Viral infections may sometimes lead to bacterial infections.

Patients should keep their Care Team informed if their illness gets worse or lasts a long time.

Alutiiq Crossword Puzzle

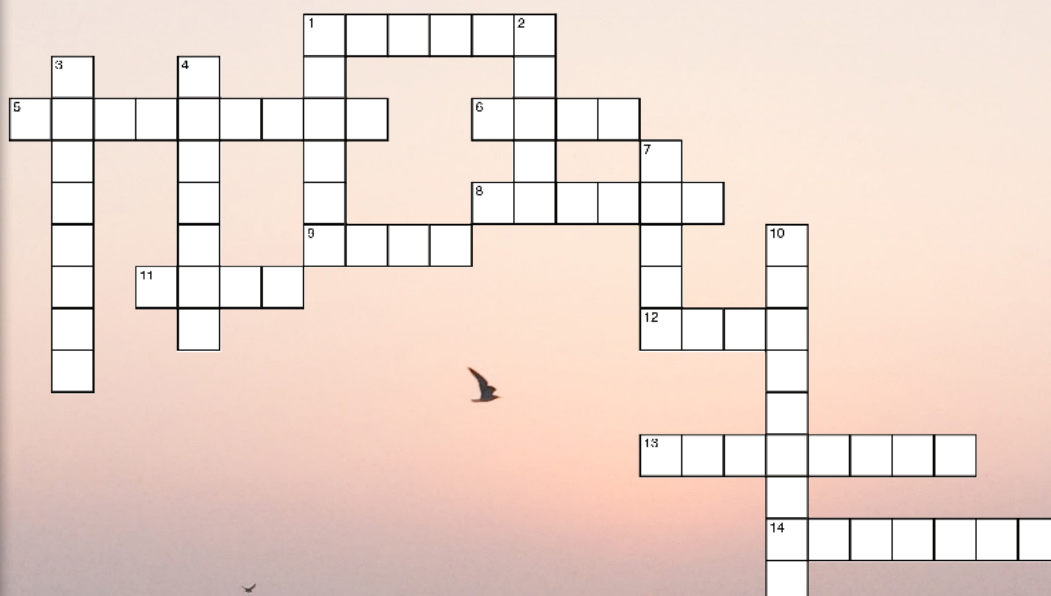
To complete this puzzle, write in the Alutiiq word for each clue below. See word translations and correct spellings in the puzzle vocabulary box. Puzzle solutions on page 7.

AKITMEN (across)

1. How?
5. I like it.
6. Where at (definite)?
8. Which one?
9. Who?
11. What (huh)?
12. When (future)?
13. She is smart.
14. grandchild

ACITMEN (down)

1. elder
2. Where (indefinite)?
3. She is proud.
4. baby
7. What is it?
10. How much?



Vocabulary found in this puzzle:

- Caqiq? — What is it?
 Cestun? — How?
 carliaq — baby
 cuqllik — elder
 elltuwaq — grandchild
 Kina? — Who?
 Naama? — Where (indefinite)?
 Naliak? — Which one?
 Nani? — Where (definite)?
 Pinkaqa. — I like it.
 Puqigtug. — S/he is smart.,
 Qaku? — When (future)?
 Qaucinek? — How much?
 Qayu? — What (huh)?
 Silugtuq. — S/he is proud.

Upcoming Specialty Clinics

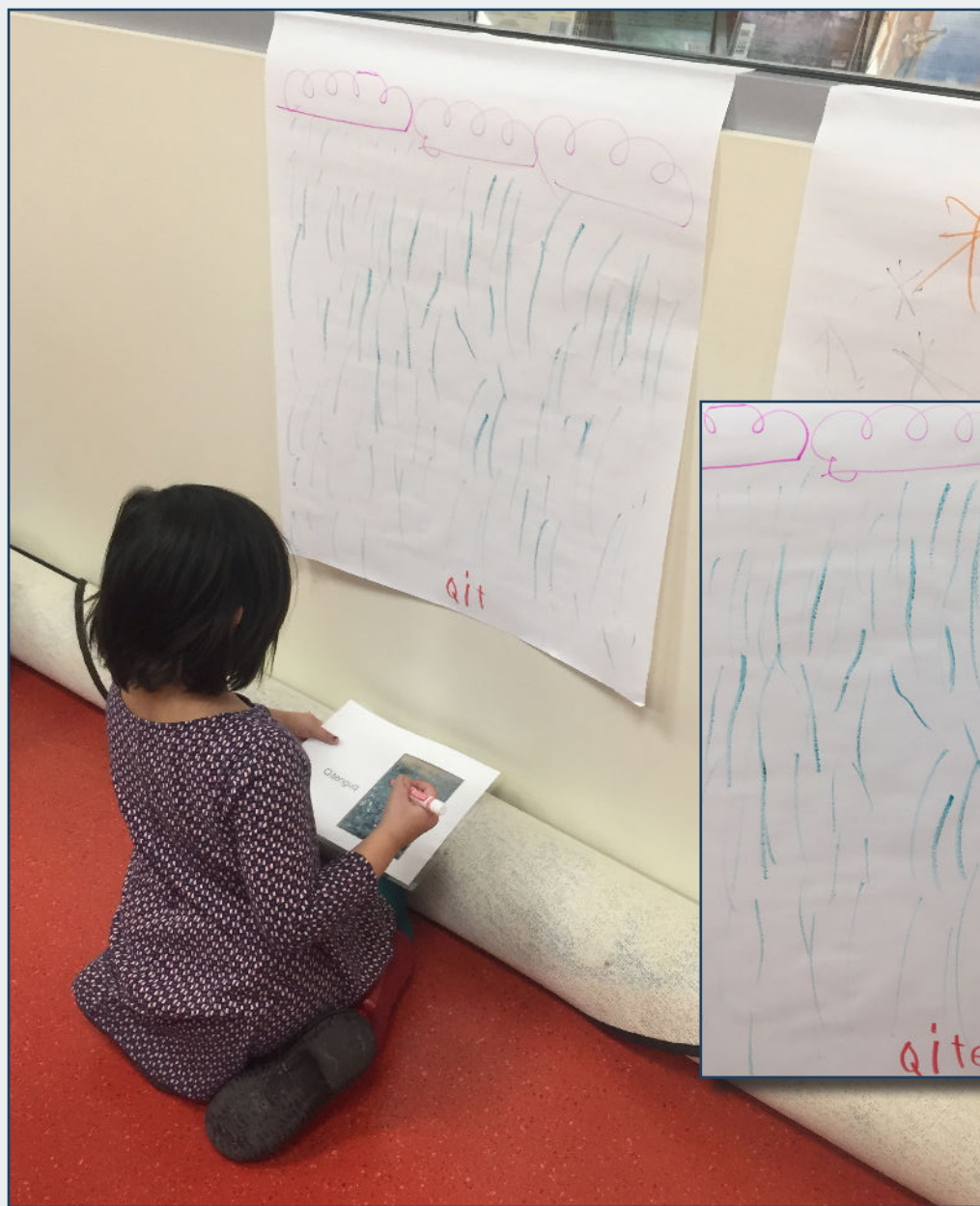
OB/GYN
February 21-22 (Kodiak)

OPTOMETRY
February 6 - 10

ORTHOPEDECS
March 7-9

AUDIOLOGY
March 20 - 22

ENT
March 21 - 22



Above: Micah Sison draws a picture of qitenguq (raining) while learning Alutiiq in the Tamamta Littukut Kodiak Alutiiq Language Project.

Right: Micah's completed work.

Opposite: Marya Halvorsen, Alutiiq Language Co-Teacher at Family Language Night.

Venison Meatballs with Brown Rice Pilaf and Peas



DIRECTIONS

Preheat a 375 degree oven. Grease a 13x9 pan. Gently mix all meatball ingredients together in a large bowl. Scoop out just enough to make walnut size meatballs, try using a medium cookie scoop or roll between your hands until round. Place in rows in a foil lined pan for easy clean up. Bake meatballs for 20 minutes. Meanwhile, put sauce ingredients in a saucepan, cover and simmer on low, stirring often. After 20 minutes, remove meatballs from oven and carefully drain off any grease that may have collected in the foil. Pour sauce over meatballs and return to oven, baking another 20-25 minutes until sauce is bubbly and meatballs are cooked through. Serve over brown rice with peas or on egg pasta with a side salad.

INGREDIENTS

<i>For the Meatballs:</i>	<i>For the Sauce:</i>
1 can evaporated milk	2t liquid smoke
1 1/2 lbs lean ground venison	2 cups ketchup
1 1/2 lbs ground pork (or more venison)	1/2 cup brown sugar
2 cups quick cooking oats	1/4 cup onion, minced
1/2 cup onions, chopped	1/4 t garlic powder
2 eggs	
2t chili powder	
1t salt	
1/2 t garlic powder	
1/2 t pepper	

Adapted from www.alaskafromscratch.com



Tamamta Liitukut Kodiak Alutiiq Language Project

The Tamamta Liitukut (We Are All Learning) Project team at the Sun'aq Tribe invites you to join beginner lessons in Alutiiq language. Candace Branson, Alutiiq Heritage Coordinator for the Sun'aq Tribe. Candace and the Alutiiq Language Teachers, Michael Bach and Marya Halvorson, are facilitating family focused lessons in Alutiiq language in the Craft Room at the Kodiak Public Library every Wednesday from 5-6:30 PM with a kick-off event January 11. Weekly gatherings at the Kodiak Public Library will occur through the end of April.

Evening gatherings include a stone soup-style dinner to support family participation around dinner time. Each week participants will choose a kind of soup to make together at the next event, and families or individuals can bring an ingredient to add to the pot.

Participants are asked to arrive around 5pm in order to make the soup together, and while the dinner is simmering, participants will enjoy language lessons and activities with guidance from the Alutiiq Language Teachers.

The program is designed to also encourage families to make dinner together at home using Alutiiq language, with focus on language that can be used in daily life. Throughout January, the lessons focused on five basic weather words, basic greetings, and cooking words.

All ages are welcome! Whether you're an individual adult, an interested youth or coming with the whole family, the program offers first lessons and refreshers in Alutiiq language that you can take with your wherever you go. Any youth under 12 is asked

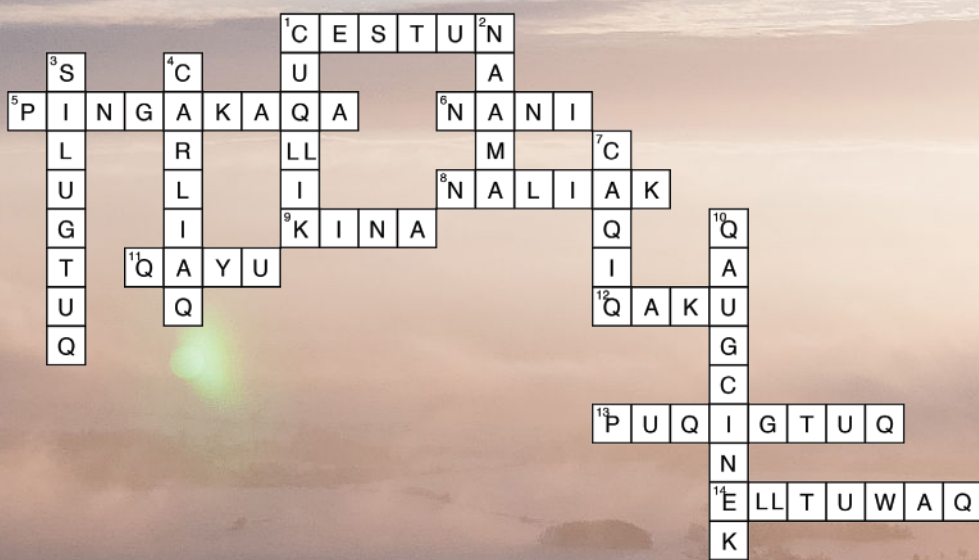
to come with a guardian who is interested in learning Alutiiq. Families are encouraged to participate in the activities together so that lessons can be practiced at home.

Please note: the weekly gathering scheduled to be held March 15th, during Spring Break, has been cancelled as program teachers will be traveling to Bethel, Alaska to visit a Yup'ik language immersion school.

The Tamamta Liitukut (We Are All Learning) Project at the Sun'aq Tribe is funded by a grant from the Administration for Native Americans.

With any questions, please contact Michael or Marya at 907-512-5995. ■

Alutiiq Harvest Puzzle Answers



We want to hear from you! Comments & Suggestions

If you have a comment or suggestion, please let us know. We welcome the opportunity to better serve the needs of our beneficiaries. If you would like a reply, please include your name and contact info.

Quyanaa!

Clip and drop off this card at the KANA reception desk, or mail to:

KODIAK AREA NATIVE ASSOCIATION
3449 REZANOF DRIVE EAST, KODIAK, AK 99615

For help with pronunciation of Alutiiq words, talk with a fluent speaker or visit the Alutiiq Museum's Alutiiq Language website at www.alutiiqmuseum.org (select Alutiiq Language from the side menu). You will find both an Alutiiq Alphabet page to help build Alutiiq literacy and also an archive of past Alutiiq Word of the Week publications, many of which feature audio recordings. In addition you can visit the www.alutiiqlanguage.org website dictionary for recordings of words.



New Patient Housing at Alaska Native Medical Center

For many years, the Alaska Native Medical Center's Qujana House has provided 54 semi-private rooms for those who travel to Anchorage for care. To ensure that there is enough housing for everyone who needs it, the Alaska Native Tribal Health Consortium (ANTHC) also contracted with nearby hotels to ensure that patients had a convenient and comfortable place to stay. But those provisions were not enough to ensure our people's needs were met, and in response to this need, ANTHC has made patient housing a top priority and has welcomed patients from around the state into new ANMC Patient Housing.

After years of planning and months of construction, the patient housing facility at the Alaska Native Medical Clinic (ANMC) opened on January 2 for guests. ANTHC hosted a grand opening celebration to bless the facility and thank those who were instrumental in making the vision a reality.

The six-story, 202-room patient housing facility has been fully provisioned, from bedding and linens to coffee cups, rocking chairs for family rooms and appliances for communal kitchens, and "wobble walls" – 90-inch interactive video screens that can recognize the movements of children – have been installed in play areas on the first and sixth floors. "We are especially excited for the amenities designed for families and kids, since these are not typically found in the lodging where our people would stay before," said Phil Degnan, ANTHC's Housing General Manager. "These family-friendly spaces will provide moments of fun during their health treatment."

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Patient housing benefits:

- Increased on-campus lodging capacity
- Improved access to care
- Culturally appropriate healing environment
- Significantly reduced in-town travel and logistics
- Reduced lodging costs for payers

Housing profile:

- 202 rooms
- Dedicated 36-room floor for expectant mothers and families
- Sky bridge access to ANMC and parking garage
- Communal living and cooking areas
- New dining facility
- Exercise room and access to walking trails
- Self-serve laundry facilities

Patient population profile:

Enhanced service for patients with higher degrees of care: expectant mothers with high-risk pregnancies; cancer patients requiring infusion and radiation therapy; patients needing outpatient specialty medical care; and children and Elders who are receiving care.

The patient housing facility will be a home away from home for patients traveling to receive care at the ANMC. Ensuring convenient and available lodging reduces the travel barriers to care and health care system costs, and increases access to the quality care that will advance ANTHC's vision that Alaska Native people are the healthiest people in the world.

For more information about the project, visit <http://anmc.org/new-anmc-patient-housing/>. ■

