



Qik'rtarmiut Asiitmen Kodiak Native Wellness News

KODIAK AREA NATIVE ASSOCIATION

Promoting Wellness & Knowledge for Kodiak's Native People



MAY/JUNE 2017

Explore the Rock

KANA's Meth and Suicide Prevention Initiative is partnering once again with Healthy Tomorrows to invite kids to "Explore the Rock" this summer. Kodiak students entering grades 6–12 are invited to join in this popular program. Weekly outdoor activities are designed to promote physical activity and teach valuable social and survival skills.

Local program leaders and guest presenters will help in the adventures. Lessons taught will include First Aid, Nutrition and Personal Fitness, Bear Safety, Photography, Environmental Conservation, and teamwork. Each week's event is a complete adventure; kids can participate in any—or all—of the weeks, but they will need to register before they show up. Registration forms can be found on our Explore

the Rock page on Facebook or online at kodiakhealthcare.org/exploretherock.

WHAT TO EXPECT

Explore the Rock is more than an opportunity for teens to go hiking; Explore the Rock facilitates friendships and builds social skills in our youth. This program provides an opportunity for adventure and wellness for youth living in Kodiak alongside staff and volunteers who care.

Each trip will take around five hours, and will be led by KANA staff and adult volunteers. Students must wear appropriate footwear, such as gym shoes or hiking shoes —no sandals or flip-flops. Wear warm clothes. Everyone needs to have long pants as well as a jacket or hoodie. Please mark all personal items with your

name. KANA will not be responsible for any lost or stolen property.

Bring a healthy snack such as an apple or granola bar and a full water bottle. Please DO NOT bring soda, energy drinks, chips, or candy on hikes.

Hike locations and topics are listed below, but are subject to change due to trail maintenance or weather. Confirmed hike locations will be announced each Wednesday via email for those who have registered, on the Explore the Rock Facebook page, and again at the drop-off location. Please print your email legibly on the registration packet to receive these updates.

For more information, questions or help with registration, please call Annegolica Lopez at 907.486.9888 or email her at prevention@kodiakhealthcare.org. ■

JUNE 1
Bear Safety at Saltery Cove

JUNE 8
CPR/First Aid at Sometimes Island

JUNE 15
Team Building at Buskin Beach

JUNE 22
Nutrition on Old Woman

JUNE 29
Fort Abercrombie Photography

JULY 13
Conservation at White Sands Beach

JULY 20
COMPASS on Pillar

JULY 27
Fitness at Boy Scout Lake

AUGUST 3
Survival Skills at Termination Point

AUGUST 10
Fort Abercrombie Closing Picnic



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President's Letter



Greetings from KANA!

It has been a very busy and productive year so far, and it has only begun. We recently completed another successful Arctic Care mission in partnership with the Department of Defense Innovative Readiness Team (IRT) in Kodiak and most of our village communities. This mission has served as a valuable resource for many community

members over the past six years. This year 3,930 patients were served and 5,859 procedures completed using temporary clinics that provided complimentary medical, dental, optometry, and veterinary services. Arctic Care is just one way in which KANA works towards achieving our vision that the best quality care is available to all people on Kodiak Island.

We also partnered with the Kodiak Island Housing Authority and the Kodiak Island Borough to remove 2,625 tons of scrap metal from our village communities. Rusted and abandoned equipment and household appliances were removed from our villages along with toxic chemicals and contaminated fuel, making these areas cleaner and safer for village residents.

Most recently, KANA responded to our community's growing need for access to expanded dental services by adding an Oral Surgeon to our Mill Bay Health Center team. We're proud to now be providing specialty dental services including surgical extractions with sedation. Through your feedback and suggestions, we'll continue to expand our services and find new ways to promote healthy communities.

As an organization, our successes are the result of collaboration and our commitment to elevating the lives of the people we serve. It is with your feedback and input that KANA will continue to respond to the needs of our community. I welcome your suggestions and look forward to hearing from you.

Respectfully,

Andy Teuber
President and CEO

This Summer, #LiveLifeKodiak

by Siene Allen, Wellness Program Administrator

Kodiak has much to offer us in the summertime. There are scenic hikes to enjoy, beaches to explore and fish to catch; Farmer's Market to visit for local eggs, homegrown greens, and homemade treats; and plenty of grass to mow and gardens to cultivate. These long transitional days leave plenty of hours to refresh the spirit after a long dark winter and create new memories with dear family and friends. Have you ever felt like time seems to speed up once the weather gets warmer and the days longer? Before fall sneaks up and winter closes back in, make a conscious decision to savor every minute of summer goodness and fill your life with new experiences.

Focus on living. Get outside and move because it means something to you, not just because you're supposed to. Walk because it feels good to have the ground under your feet, sun on your face, and wind in your hair. Hike because you feel powerful from atop a mountain. Discover the awe of kayaking beneath the spray of a humpback on the vast ocean. Get out of bed at two in the morning to be inspired by the northern lights dancing on the horizon. Run in the rain because it makes you feel like nothing can stand in your way.

Embrace slow food. Graze on salmonberries and blueberries during a stroll through the woods and savor their tart flavor in a new environment. Do a side-by-side comparison of supermarket lettuce with your neighbor's lovingly tended harvest and notice the differences in texture and taste. As you grill your fresh catch of the day, reflect on the whole experience from harvesting to plate. Turn the process of fueling your body with wholesome ingredients into an experience that feeds your soul.

This summer, don't focus so much on trying to lose those extra ten pounds by strictly getting to the gym every day or counting every calorie that gets near your lips. Focus on finding the activities that excite you to move more, get outside, and enjoy living. Although this approach might not melt off the weight this summer, it is guaranteed to improve the quality of your life—something always good for your health.

Share your summer life experiences with us by posting pictures of your adventures on Facebook and Instagram with the hash tag #LiveLifeKodiak and encourage everyone to get out there and live. ■

The National WIC Association Leadership Conference



Alaska U.S. Senator Lisa Murkowski and
KANA WIC Coordinator Stephanie Jenkins

by Stephanie Jenkins, KANA WIC Coordinator | AKWICA President

The Women, Infants, and Children Program (WIC) is a special supplemental nutrition program for low-income families. The program serves pregnant, breast-feeding, and postpartum mothers, as well as infants and children up to the age of five, by providing nutrition education, breast-feeding education and support, referrals to other social services, and healthy supplemental foods. Over half of the babies born in the United States participant in the WIC Program!

The National WIC Association Leadership Conference is held in Washington, D.C. This annual conference stresses the specifics of the WIC Program at a national level, including funding, case-load, and upcoming policy changes. As KANA's WIC Coordinator and the AKWICA President, I was chosen to attend. It was an honor to be the sole WIC representative from Alaska. It was such a wonderful experience! There was a plethora of accomplished and knowledgeable individuals speaking at

the conference. I was able to see and understand the WIC Program at an entirely new level.

I had the opportunity to meet with Alaska's United States Senator Lisa Murkowski, as well as staff members of Alaska's United States Congressman Don Young and Senator Dan Sullivan. During our meetings I had the opportunity to educate them on the details of WIC, services provided, and individuals served. I also explained why administrative costs to efficiently and effectively run Alaska's WIC program are so great, which supports the notion for Alaska's WIC Program to receive additional funds in the fiscal years to come. I also stressed the need for a cost-of-living adjustment in place for the fruit and vegetable check in Alaska. \$8 or \$11 to purchase fruits and vegetables doesn't go as far as in other states. Everyone was extremely receptive. I look forward to working with these congressmen in the future to make Alaska's WIC Program reach its full potential. ■



Visitors of ARCTIC CARE 2017 received a variety of free healthcare services in Kodiak and its surrounding villages.



Arctic Care 2017: Mission Accomplished!

Arctic Care 2017 took place this spring from March 28 through April 6. Temporary clinics were set up in the City of Kodiak and surrounding villages, providing medical, dental, optometry, and veterinary services to under-served community members at no cost. The event was a joint effort sponsored by the Office of Secretary of Defense's Innovative Readiness Training (IRT), led by the Air Force Reserve Command, and in partnership with KANA.

The exercise provided training opportunities for U.S. military and Canadian Health service members to prepare for worldwide deployment while also supporting the medical needs of Kodiak's communities.

"Training is a very important mission here," said Navy Reservist Lt. Cmdr. Donna Meador, Officer in Charge of the Kodiak Clinic. "We are training with other service members to include Army, Air Force, and Navy. I'm really impressed with the teamwork. Everybody has come together, and it's like we've been working together for years and years, everybody jumped right in."

Efficient teamwork is a crucial element of all military operations; Arctic Care 2017 was treated as a real-time operation with a very short turnaround for setting up a variety of clinics.

Another important aspect of this exercise was setting up and using the medical equipment that all the services deploy with.

"One of the biggest benefits is for our enlisted and officers to be able to put their hands on the equipment that we are going to use when we are deployed," said Navy Reservist Cmdr. Darryl Simms. "They have to break it down and set it up. Also, they have to use equipment that they normally don't use."

Medical and veterinary services were provided in Ouzinkie, Port Lions, Old

Harbor, Akhiok and the City of Kodiak. Teams were unable to provide services in Larsen Bay and Karluk due to inclement weather conditions.

Among the medical screenings were optometry, dentistry, physical therapy, and veterinary services. A pharmacy was available, as well as the on-site production of eyeglass prescriptions. ■

ARCTIC CARE 2017: By the Numbers

Patients served:
3,930

Procedures performed:
5,859

Patients breakdown by department



838 Medical



1632 Optometry



1184 Dental



276 Veterinary

Cost savings to community:

\$280,548

Arctic Care photos by U.S. Air Force Master Sgt. Luke Johnson

MAKE THEM!
PILILUKI

Opens April 7th

Come visit our latest interactive exhibit, *Pililuki - Make Them*. Create a hunting hat, etch an incised pebble, and more!

Made possible by: The Munart Project, Alaska State Council on the Arts, and Alaska State Library, Archives, & Museum

Alutiq MUSEUM
ARCHAEOLOGICAL REPOSITORY

Get Ready for Adventure!

Whether you plan on hiking, biking, or fishing this summer, now is a great time to start conditioning your body! Our Wellness Center provides you with the indoor training for your outdoor adventures.

KANA Wellness Center

WEEKDAYS 5:30AM-8:00PM
WEEKENDS 10:00AM-4:00PM

3400 Rezanof Drive in Kodiak | 486.1377 | Facebook: @kanawellnesscenter



The museum's new interactive exhibit is a space to both celebrate and explore Alutiiq graphic arts.

Pililuki | *Make Them!*

The Alutiiq Museum's latest exhibit is more than a display of beautiful Alutiiq objects, it's an ongoing community workshop. Since April 7th, visitors to *Pililuki* have been learning about Alutiiq graphic arts—painting, incising, and traditional colors—and the ways Alutiiq people tell stories with pictures. But this is just the first step. People are also sharing their own stories through hands-on activities in the museum's gallery.

On tables surrounded by stools and filled with art supplies, simple directions encourage visitors to make their own artwork with inspiration from Alutiiq traditions. Patrons can design and color Alutiiq hats. They can etch incised pebbles after their own image, or they can draw a picture that represents a family story. The interactive design of the exhibit is purposeful, and it reflects the museum's desire to enhance visitor experiences.

"Too often museums are places that present information without allowing people to personally explore content or share their own perspectives," said Executive Director April Laktonen Counciller. "We want our audience to learn by doing, to develop a more meaningful connection with the lessons we share, and to feel welcomed in the process."

In addition to creating in the museum, *Pililuki* encourages visitors to share their artwork. People can add their creations to the exhibit or share photographs of their artwork through social media using #AlutiiqMuseum and #AlutiiqEverywhere. There is even a photo backdrop where visitors can stand to take a picture.

The third element of the exhibit is a place to relax. Comfortable seating, Alaska Native art books, and Alutiiq heritage videos all invite visitors to spend time in the museum and enhance their knowledge of traditional arts. Counciller explained.

"We want the museum to be a fun, relaxing, community space, where people can experience our heritage," said Counciller. "*Pililuki* is our first effort to create a more interactive space and we are

excited to share it with Kodiak. We will be collecting a lot of community feedback to understand what people enjoy."

"We want the museum to be a fun, relaxing, community space, where people can experience our heritage."

— Executive Director April Laktonen Counciller

Pililuki debuted on April 7th and will be available at the Alutiiq Museum until December of 2018. Access to the exhibit is included in museum admission, and group visits can be scheduled by contacting Gallery Manager, Dana Haynes. Admission to the Alutiiq Museum is \$7.00 for adults and free to youth 16 and under, tribal shareholders, and museum members.

Support for the develop of *Pililuki*, and large quantities of art supplies, was generously provided by the Munartet partnership, the Alaska State Council for the Arts, and the Alaska State Library, Archives, and Museum. ■



Rendering of an incised pebble.



Hunting visors beaded headdresses feature colorful examples of Alutiiq graphic arts. *Pililuki* visitors can create their own paper headgear inspired by the exhibit.

Photos courtesy Alutiiq Museum. Incised pebble graphic: AM582.3

Spruce tips begin to bud in the springtime, often in May. They can be snipped off the ends of branches, and the brown hulls are easily dusted off. Spruce tips are packed with Vitamin C. You can find recipes for tea, flavored oil or vinegar, and even pesto. Try substituting rosemary with spruce tips. For the most flavor, chop the tips to release the aromatic oils!



Bright green spruce tips are easily plucked off the ends of branches in spring.



Photos by Lisa Hupp

MAKE IT LOCAL!

Spruce Tip Jelly

INGREDIENTS

- 6 cups spruce tips
- 6 cups water
- 2 cups cane sugar
- 5 tsp Pectin

DIRECTIONS

1. Chop spruce tips coarsely. Place the tips and water in a large heavy non-reactive pot.
2. Bring to a boil and continue boiling for about 3 minutes, then remove from heat and leave until room temperature. For a stronger flavor, let steep overnight.
3. Remove spruce tips with a cheesecloth or a fine-mesh strainer.
4. Boil the steeped water.
5. In a separate bowl, combine the powdered pectin and sugar. Whisk well. Add this mixture to the boiling liquid, whisking to dissolve the pectin and avoid clumping. Continue whisking until mixture returns to a full boil. Remove from heat.
6. Fill hot, sterilized half-pint jars with a 1/4 inch space from the top. Wipe the rims with a clean damp cloth and screw on the 2-piece lids.
7. Store your jelly in the refrigerator and enjoy within four weeks!



Scenes from the 2016 Women's Wellness Retreat

Women's Wellness Retreat 2017 "To Dance with Our Grandmothers"

August 18th–20th, 2017 | Woody Island

This weekend retreat is about empowering women, celebrating commonalities and differences, and honoring the and great capacity women have to nurture others. It's a safe place for women to come together and share personal healing journeys, challenges, and triumphs. Participants will inspire and encourage each other to live a healthy and prosperous life.

The event is hosted by the Kodiak Area Native Association, Sun'aq Tribe of Kodiak, and the Kodiak Women's Resource and Crisis Center.

Registration is open to all women ages 18 and over.
\$50 registration fee | Scholarships available | No fee for ages 55+

Contact Cassie Keplinger for more information and registration at 907.486.9882 or cassie.keplinger@kodiakhealthcare.org.

Alutiiq Word Search

The oldest tradition in our island culture is most likely the foraging of plants, berries, and seaweeds each spring and summer. Get in the spirit of seeking out *muuguat*, *cuawat*, *saalalraq* and other local tasty treats by finding their Alutiiq names in our word search!

W W V M V T L G N E T T L E E B R P I G R A S S C I
T I A C T S L S C B Q B S I T K A S P R U C E D U U
F L O W E R S U B D A N D E L I O N S M X U S U A I
Z D U F C U K I L A N A R P A K M F E B Y R N B W J
M R U W Q H U T U K G A D W T W U I A U A I A Q A S
K H Q S Y B V K E U A I V V F E U M W L R I S N T A
Q U A U F K T A B G N N Y U T G G C E L R S Q S K L
D B A Z V P E A E Y A U I A T E U T E K O A U J W M
P A Y T X S V T R G N U Y A I T A E D E W Q L R T O
E R A A Z S L X R F G H O R S E T A I L V U U P R N
J B N S T I J H I C U A L A G N A Q Z P S N K P N B
N A A T U N A Q E W A T E R M E L O N B E R R Y P E
R D Q L P V L K S R Q T L J U S A A L A L R A Q A R
P A U M N A R U A Q B B F I D D L E H E A D B M X R
U W T C E J I O T Y H G Y J D E V I L S C L U B H Y
P N C A N A P A Q A T A Q U T A Q A N G E L I C A O

Find these nutritious plants!

Look for both the Alutiiq and the English words.

HINT: There are no diagonal or backward words.

NUYA'IT SEAWEED
UUQAAYANAQ NETTLE
PAUMNARUAQ HORSETAIL
CUKILANARPAK DEVIL'S CLUB
QATAQUTAQ FIDDLEHEAD
NAPAQ SITKA SPRUCE
SAALALRAQ DANDELION
QANGANANGUAQ YARROW
AATUNAQ WILD RHUBARB
WEG'ET GRASS
SUIT'KAAT FLOWERS
NASQULUK BULL KELP
CUAWAT BLUEBERRIES
ALAGNAQ SALMONBERRY
MUUGUAT WATERMELONBERRY
URIISAQ ANGELICA

COMPASS training participants on Near Island



COMPASS Spring Training

Alaska’s incident rates of domestic violence, sexual assault, and child abuse reflect some of the highest per capita rates in the nation. Native communities are particularly prone to this type of violence. In an effort to change the course of this trend, concerned Alaskans around the state developed the COMPASS program, providing youth mentors with the tools needed to provide youth with a safe place to explore how they can grow and become healthy adults.

COMPASS provides male role models an opportunity to redefine masculinity and help young men explore healthier, nonviolent versions of adulthood. In April, KANA hosted this training to island youth advocates, including behavioral health aides, school teachers, members of the Kodiak Child Advocacy Center. Twenty participants—both men

and women—from Kodiak and villages attended the three-day program. Participants shared their backgrounds and experiences working with youth, followed by group activities. Strategies taught in the activities were designed to easily incorporate into common interactions already existing between mentors and youth like team sports, camping, hiking, fishing, or hunting.

COMPASS was developed in response to requests received by the Alaska Network on Domestic Violence and Sexual Assault and the Council on Domestic Violence and Sexual Assault from coaches, camp leaders, and cultural leaders. To participate in the next KANA-hosted COMPASS training session, contact Prevention Grants Coordinator Matthew Kozak at Matthew.Kozak@kodiakhealthcare.org. ■



KANA’s Kodiak Child Advocacy Center Receives Accreditation



NATIONAL CHILDREN'S ALLIANCE®

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.

To ensure that all children across the U.S. served by Children’s Advocacy Centers (CACs) receive consistent, evidence-based interventions that help them heal from abuse, hundreds of CACs have become Accredited Members of NCA by meeting our Standards for Accredited Members and verifying their

adherence to the highest standards of practice by submitting to NCA site review. 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. ■

The Reality of E-cigarettes

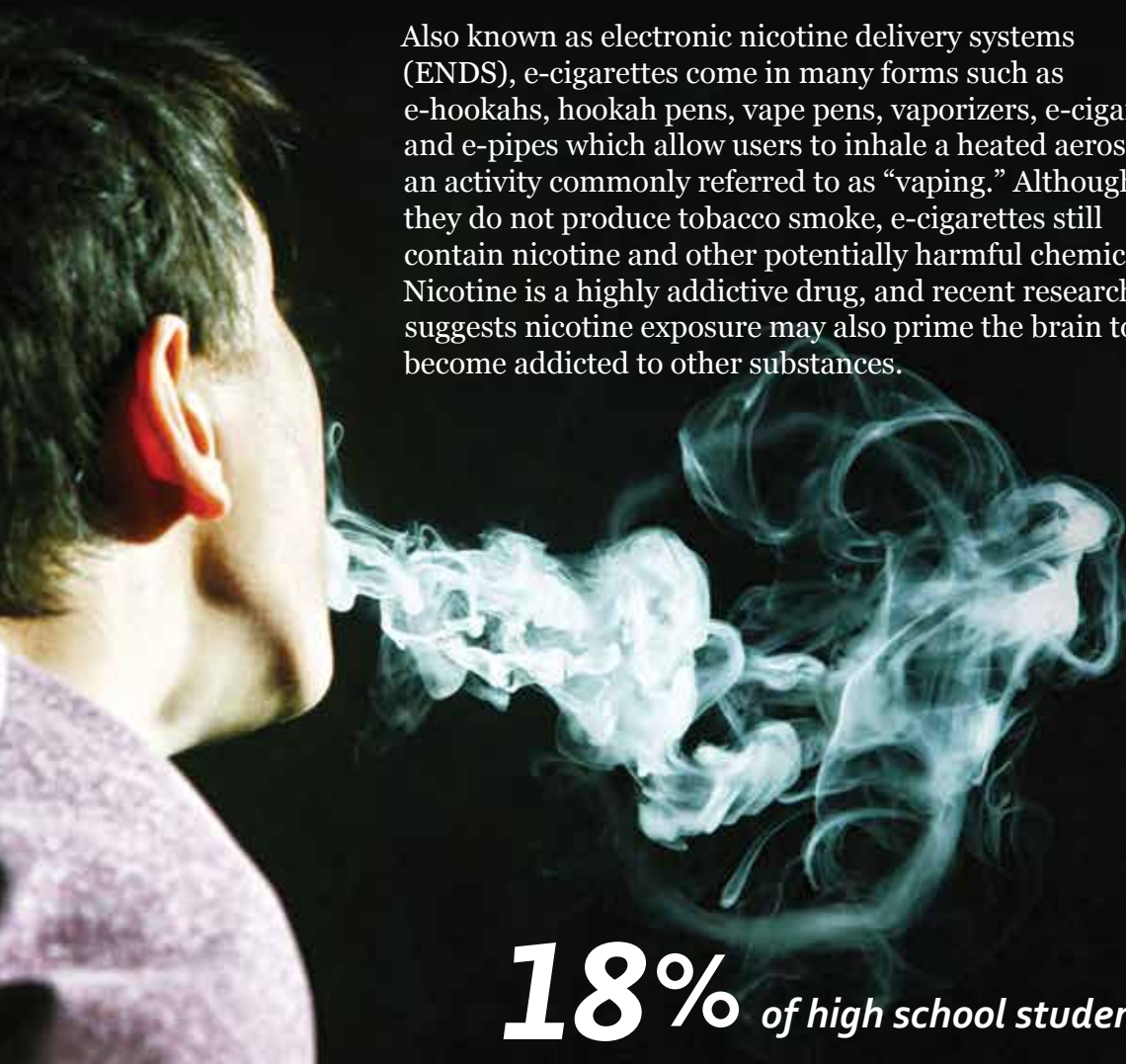
E-cigarettes are not approved by the FDA for smoking cessation and are not regulated for safety. Numerous studies raise concern for their negative impact on health, and the long-term health implications of e-cigarette use are unknown.

Also known as electronic nicotine delivery systems (ENDS), e-cigarettes come in many forms such as e-hookahs, hookah pens, vape pens, vaporizers, e-cigars and e-pipes which allow users to inhale a heated aerosol, an activity commonly referred to as “vaping.” Although they do not produce tobacco smoke, e-cigarettes still contain nicotine and other potentially harmful chemicals. Nicotine is a highly addictive drug, and recent research suggests nicotine exposure may also prime the brain to become addicted to other substances.

Additionally, these products may be attractive to kids. Using e-cigarettes may lead kids to try other tobacco products—including conventional cigarettes—which are known to cause disease and lead to premature death. E-cigarette use in Alaska is higher among youth (18 percent) than smoking (11 percent) and has grown significantly among adults. Among Alaska adults, the prevalence of e-cigarette use has grown significantly from less than 1 percent to 7 percent in just five years. In Alaska, the prevalence of e-cigarette use is higher among high school students, with 18 percent reporting current use of e-cigarettes in 2015.

While Alaska has made great strides in tobacco prevention, and thousands of lives have been saved, there is still much work to do. With more than 450 different brands of e-cigarettes on the market today in over 7,500 different flavors, the marketing of e-cigarettes is aggressive and often misleading consumers to believe that e-cigarettes are not harmful or dangerous. Talk to your family about the reality of e-cigarettes: they are addictive, harmful and dangerous for your health and wellbeing.

KANA’s Tobacco Prevention & Education Program works to eliminate exposure to environmental tobacco smoke, identify and eliminate disparities experienced by population groups relative to tobacco and its use, promote quitting among adults and youth; and prevent initiation of tobacco use among youth. For more information on our program and the resources available for our communities, email prevention@kodiakhealthcare.org. ■



18% of high school students reported current use of e-cigarettes in 2015.



Port Lions, January 2016



Karluk Beach, September 2015



Larsen Bay, April 2016

Village Clean up!

2,600 tons of scrap metal removed from Kodiak area villages

From June 2015 to December 2016, the village communities in the Kodiak Island Archipelago participated in a massive clean-up effort resulting in 2,625.5 tons of scrap metal. 27,939 pounds of lead acid batteries, 1,715 pounds of electronic waste, twenty-nine 55-gallon drums of contaminated fuel waste, and 540 gallons of paint, chemicals, and other household hazardous waste removed for recycling off-island.

The Coastal Impact Assistance Program (CIAP) Grant titled "Village Metals Project" utilized Federal funds managed through the US Fish and Wildlife Service,

received by the Kodiak Island Borough in 2013. The Kodiak Island Housing Authority and KANA created agreements with the Kodiak Island Borough to administer the project.

Along with making the coastal village communities cleaner and safer, local technical capacity was grown and local employment was achieved. Village resident participants attended technical training classes, developing skills that will be retained locally. Employment totaled 8,885 hours of local labor, injecting over \$250,000 in wages into local economies. ■



The Helenka B. departs Akhiok with a load of scrap metal, October 2015

ALUTIIQ WORD SEARCH SOLUTION



Guangkuta litnaurlita Alutiit'stun!

Not sure how to pronounce an Alutiiq word? Find an Elder, or one of the growing number of Alutiiq language learners! Any Tribal Council or Native organization can help guide you to a language study group in your community.

ALUTIIQ LANGUAGE LINKS
alutiiqlanguage.org
alutiiqmuseum.org
alutiiqmuseum.mukurtu.net

ALUTIIQ WORD OF THE WEEK
 Weekly lessons can be heard on KMXT Public Radio 100.1FM, read in the Kodiak Daily Mirror, or downloaded on Apple's iTunes!

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

Upcoming Specialty Clinics

HEPATOLOGY

May 11

EYE

May 16 - 18

ARTHRITIS

May 30 - June 1

AUDIOLOGY

June 5 - 7

ENT

June 6 - 7

OB/GYN

June 13 - 14

Kodiak Area Native Association
3449 Rezanof Drive East
Kodiak, Alaska 99615



Relay for Life

July 29-30, Noon-to-noon
Donate or participate!
kodiakhealthcare.org/relayforlife

Presorted Standard
U.S. Postage PAID
Anchorage, AK
PERMIT NO. 125

Blueberry blossoms in Kodiak,
photographed by Lydia Olsen.

Springtime in Kodiak brings rainy days and the return of our many wild foods. The pink blossoms in this photo will become juicy blueberries in the coming weeks. Island residents are fortunate to have an abundant supply of this delicious source of antioxidants. Blueberries are believed to benefit several systems in our body, are low in calories, and high in nutrients. Collecting berries is also a great way to get exercise and fresh Alaska air!

Tang'ramken | I see you

Quyanaa to Kodiak photographer **Lydia Olsen** for sharing this beautiful photo of blueberry blossoms.

Show the world how you elevate the quality of your life by tagging your photos of nutritious foods and activities with **#LiveLifeKodiak**

Be sure to Follow us on Instagram:
[@kana_kodiakhealthcare](https://www.instagram.com/kana_kodiakhealthcare)

#LiveLifeKodiak

