

KODIAK AREA NATIVE ASSOCIATION

Qik'rtarmiut Asiitmen

PROMOTING WELLNESS AND KNOWLEDGE FOR KODIAK'S NATIVE PEOPLE

UKSUAQ / FALL 2019



ALSO INSIDE:

*Employee Spotlights | Director Bios | KANA Youth Intern Spotlights | Healthy Kodiak
New Program Supporting Grandparents | 2019 Women's Wellness Retreat
Wrapping Up Summer Programs | 2019 Relay for Life | Annual Meeting Info*



Greetings,

As the days shorten and summer draws to an end, let us reflect on the last season and celebrate the contributions and accomplishments of both our KANA staff and community partners.

In July, KANA employees were among many local Kodiak residents and organizations to participate in the American Cancer Society's annual Relay for Life fundraising event. A team of KANA staff members — We KANA Beat Cancer — raised over \$8,000 for cancer research and support for Alaskans. I am especially proud of those employees who take the time to volunteer for such an important cause outside of their jobs at KANA.

The annual Women's Wellness Retreat was held on Woody Island in August in partnership with Sun'aq Tribe of Kodiak and the Kodiak Women's Resource & Crisis Center. Every year, this event is an important opportunity for local women to come together to share, heal and celebrate each other's strengths.

In September, the second annual Healthy Kodiak event brought together speakers from the Alaska Native Medical Center, Southcentral Foundation, the University of Alaska, KANA's Parenting with Love & Limits program, and elsewhere around Alaska to lead participants in an exploration of how strong relationships between generations can help us to build an inclusive, resilient community.

Inside this newsletter, you will read about two local youths who spent their summer working and learning at KANA as Supplemental Youth Employment Training Program interns: Lachlan Morris, 17, and Aiyana Gertz, 16. Both of these teens are great examples of the promise and enthusiasm of our younger generations.

We also thank and recognize the four incumbent Directors whose terms are expiring this fall: Vickie Novak of the Native Village of Ouzinkie, Margaret Roberts of Tangirnaq Native Village, Alex Panamaroff Jr. of the Native Village of Larsen Bay, and Cheryl "Dee Dee" Christofferson of our at-large chapter. The wisdom, experience and compassion of these four directors has truly shaped KANA to be the organization that it is.

Readers will also be introduced to KANA's new Medical Director, Dr. Elise Pletnikoff, and to our new Patient Advocate, Pam Helms. Both Elise and Pam are familiar faces to locals, and I am sure that they will continue to do great things for KANA beneficiaries in their new roles.

I take great pride in the contributions of these programs and staff, and all of the other hardworking staff members at KANA dedicated to elevating the quality of life of the people we serve. I look forward to having the opportunity to thank them all at the upcoming KANA Annual Meeting on Saturday, October 12, and hope you will join me there.

Sincerely,

Andy Teuber, President & CEO
Kodiak Area Native Association

New Medical Director

ELISE PLETNIKOFF, M.D.



KANA has a new Medical Director – Dr. Elise Pletnikoff. Dr. Pletnikoff is a member of the Sun'aq Tribe of Kodiak, grew up on Kodiak, attended local schools and worked on her father's commercial fishing boat. After completing medical school at the University of Washington School of Medicine and residency at Swedish Medical Center in Seattle, she returned home to Kodiak, where she has been serving as a physician at KANA since 2013.

"The whole reason I went to medical school was to serve my community," Elise tells us. "I was raised to believe that we all have a responsibility to use our gifts for the good of our neighbors. I probably never worked harder in school than I did commercial fishing, but as soon as my medical training was complete, I was excited to return to Kodiak to serve the community that supported me."

While she will continue to see patients as a physician, Dr. Pletnikoff now also directs KANA's team of medical providers and works to ensure that patients receive the highest standard of medical care across KANA's clinics and programs.

"Our mission is to elevate the quality of life for the people we serve. With that in mind, care at KANA is patient-focused, whole-person care," Elise says. She is especially proud of KANA's commitment to whole health and integrated care. "I'm really impressed how KANA prioritizes community health and patient experience in the way it does. We really offer exceptional service! Looking at a whole population and trying to achieve what's best for the people, looking at a family and trying to achieve what's best for that family, and then, in an encounter with a patient, looking at their total wellness and not just what they're walking in the door with ... we're able to care for that whole patient, that whole family, that whole community."

New Patient Advocate

PAM HELMS



KANA is pleased to announce the addition of a Patient Advocate position to our healthcare team. The Patient Advocate ensures that patients (particularly Elders or anyone needing special assistance) are supported with answers and resources while seeking healthcare services at KANA.

This position has been filled by Pam Helms, a current employee with 32 years of knowledge from working at KANA in accounting, medical billing and the clinic front desk. She is excited to bring her experience and expertise to this new role, to advocate on behalf of patients and ensure they receive outstanding service.

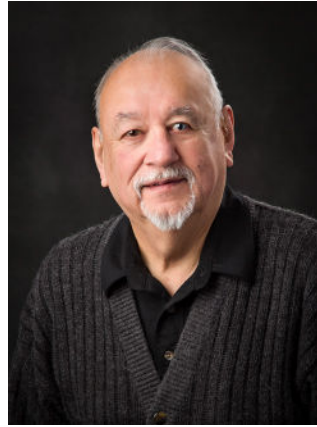
"The advocate position, to me, shows that KANA cares about their patients and it matters that they get the best care. Sometimes, I feel patients do not ask or get the assistance they need because they do not feel comfortable. I am trying to make sure I introduce myself to patients throughout the day so they become familiar with me and can feel like I am approachable."

You can find Pam in the clinic lobby at the Alutiiq Enwia Health Center or reach her by phone at 486-9889.

2016 - 2019 INCUMBENT DIRECTORS

ALEX PANAMAROFF, JR.

Native Village of Larsen Bay



Alex Panamaroff Jr. has served on the KANA Board of Directors off and on for many decades, starting in 1967 just as KANA was being formed. Born in Karluk to Olga and Alex Panamaroff Sr., Alex moved to Larsen Bay in 1971, where he raised four children. Alex is currently a member of the Larsen Bay Tribal Council and the

Kodiak Island Housing Authority Board of Commissioners, and some of his past roles include Tribal Council President for Karluk, Environmental Coordinator for Larsen Bay and Mayor of Larsen Bay. During the Exxon Valdez oil spill, Alex ran a vessel and helped with the cleanup by hauling oily gravel and rocks off beaches. "It devastated me," says Alex. "There were no fish afterwards, and it took many years to build back up." Everyone coming together to respond to that emergency reminds him of his work with KANA. "My mission is to help people, all the people of Kodiak. I represent Larsen Bay. I get my information from them. But anyone can come up to talk to me from another chapter, and I listen to them, too. We all do that. We work together." His knowledge and commitment have been a great asset to KANA, but Alex is quick to say that he does not want the spotlight: "It's not just me, or us on the Board. Everyone works together."

CHERYL CHRISTOFFERSON

Gwankuta Suuget, At Large



Cheryl "Dee Dee" Christofferson is one of nine children born to John and Verna Panamarioff in Ouzinkie. She now lives in Kodiak and has served on the KANA Board of Directors since 2008 representing KANA's Gwangkuta Suuget/ At Large beneficiaries. She is a member of the KANA Finance and Bylaws

Committees. Dee Dee works as Executive Secretary & Office Manager for Natives of Kodiak and, in the past, worked for Koniag for 15 years and for Ouzinkie Native Corporation for 14 years. She also serves as Chair of the Board of Commissioners for the Kodiak Island Housing Authority. "I take KANA's vision of 'healthy thriving communities' to heart," says Dee Dee. She points to the addition of the Mill Bay Clinic, expanded clinic hours and the establishment of the Child Advocacy Center, Infant Learning Program, and Parenting with Love and Limits Program as examples of positive changes at KANA that she has been proud to be a part of. "With the hard work and dedication of our management and staff, we are making a difference." Dee Dee's commitment to KANA beneficiaries and region-wide unity for our people is valuable and appreciated.

MARGARET ROBERTS

Tangirnaq Native Village



Margaret Roberts serves on the KANA Board of Directors representing the Tangirnaq Native Village. She is the daughter of Ronald Fadaoff and Martha Dunlap (Patarochin) of Woody Island. Margaret dedicates much of her time to sharing Sugpiaq Alutiiq culture with younger generations. She founded the Kodiak Alutiiq

Dancers and serves as a Director for the Alutiiq Heritage Foundation. Margaret also attends the Women's Wellness Retreat on Woody Island every year, as well as Dig Afognak, and loves working with young people at these special gatherings. In addition to her duties as a KANA Director, she also serves as Chair of the KANA Health Services Advisory Committee, Vice President of the Woody Island Tribal Council, is a member of the Kodiak Island Housing Authority Board of Commissioners and has served in the past as an Alaska Native Health Board Member. Margaret's lifelong dedication to Native health and wellness and the people of Kodiak is apparent in her extensive history of service, and her wisdom and experience is a great benefit to the KANA Board and staff.

VICKIE NOVAK

Native Village of Ouzinkie



Vickie Novak serves on the KANA Board of Directors representing the Native Village of Ouzinkie. She is the daughter of Sonja Delgado (Katelnikoff) of Ouzinkie (Sugpiaq) and Duke Delgado of Susanville, CA (Maidu). Vickie also is a member of the KANA Finance Committee, the Alutiiq Heritage Foundation Board of Directors and

the Ouzinkie City Council. Service to others has always been an important part of Vickie's life, from volunteering for hospice in Minnesota to helping rebuild a village in Sri Lanka after the 2004 Indonesian earthquake to spending two weeks at Ground Zero in New York after 9/11. "It has truly been my honor and privilege to serve and represent the Native Village of Ouzinkie and all of the Sugpiaq people," writes Vickie. "Over the last three years, I have been so impressed and deeply touched by the passion for wellness that KANA employees demonstrate for our people each and every day. I feel tremendous gratitude to them for all of the hard work they do to support our people and know that their purpose and passion for the health of the people of Kodiak Island will guide us through times of both hardship and abundance in the future. I am grateful to each of the KANA Board members for their ongoing leadership and commitment to KANA's mission to elevate the quality of life of the people we serve, I know that they take this mission to heart."

HEALTHY KODIAK:

Connecting Generations to Build Resilient Communities

The second annual Healthy Kodiak was September 4, and nearly 100 people from the Kodiak area attended, including nearby villages and the Coast Guard base.

“Life on an island has its obvious challenges,” said KANA Community Health Director Siene Allen at the start of the forum. “And those challenges have led some of our friends and family down a desperate path, battling depression, addiction and chronic illness. We believe that when our community works together toward a common goal, we will find solutions to even the toughest of challenges. This year’s event celebrates those who actively work to improve the quality of life for their families, friends and neighbors.”

This year’s event focused on how Kodiak can build an inclusive community and how those supportive communities can help build generational resiliency. Healthy Kodiak 2019 explored topics that addressed challenges spanning generations, including: supporting our children and protecting them from adverse childhood events; healing from historical trauma; recognizing the signs of someone struggling with depression and how to give them the support they need to keep going; grandparents transitioning back into parenting roles as they face raising grandchildren; and transitioning care for aging parents and Elders.

New this year, Healthy Kodiak offered breakout sessions, which included cultural activities and a trauma-informed yoga and movement class. These activities gave attendees the opportunity to explore new ways of expression while also providing an environment in which to form new friendships with persons of all ages.



KANA Director Margaret Roberts together with Dr. Heidi Baines and Health Admin Manager Heather Carlson light the oil lamp at the beginning of Healthy Kodiak 2019.

PROTECTING YOUNG CHILDREN FROM TOXIC STRESS

Dr. Matthew Hirschfeld, Alaska Native Medical Center’s Medical Director of Maternal Child Health Services, started off the morning with a presentation on “Improving the Health and Wellness of Families with Young Children.” He spoke about the link between uncontrolled, toxic stress during childhood caused by Adverse Childhood Experiences (ACEs) and poor health and social outcomes in late childhood and as adults. Dr. Hirschfeld highlighted how the adolescent brain changes during stressful events and how even maternal and paternal stress can heavily influence brain development. “The most important protective resource to enable a child to cope with exposure to violence is a strong relationship with a competent, caring, positive adult — often a parent, but doesn’t have to be,” he said.

GRANDPARENTS RAISING GRANDCHILDREN

KANA Parenting with Love and Limits Program Manager Catherine Galindo continued on the theme of caring role models with a facilitated discussion on “Support for Grandparents Raising their Grandchildren.” In 2017, about 7% of children in Alaska lived with their grandparents, 42% of whom are Alaska Native or American Indian.

“Locally, the number of grandparents responsible for child care continues to rise, partly in response to family dynamic shifts due to opioid use,” explained Galindo. “Whatever the reason grandparents find themselves parenting a second time around, caregiving grandparents may experience increased stress, depression and other health problems, while the grandchildren cared for often are more likely to have higher levels of emotional and behavioral problems compared to other children.” A panel of grandparents currently raising their own grandchildren shared their stories of how they became second-time parents and the impacts it has had on their lives, their grandchildren’s lives and how they see it impacting the community.

TRAUMA-SENSITIVE YOGA

Registered Yoga Instructor Jody Hassel led participants through a series of breathing techniques and flowing movements during her “Cultural Activity” session. Jody works in Fairbanks with a collective of yogis and artists to offer trauma-informed embodiment practices at Fairbanks Correctional Center, Fairbanks Youth Facility and Family Centered Services Residential Treatment Center. “What I love about trauma-sensitive yoga,” explains Jody, “is it gives us permission to experience and notice sensations and to act on those sensations authentically. We are then able to reclaim the power of choosing what to do, not only with our bodies but further out into our lives and into who we want to become as individuals in the community.”

RENEWING INDIGENOUS RESILIENCY

Miranda Petruska, Community Health Aide Director from Southcentral Foundation, engaged the audience in a traditional talking circle during her segment, “Renewing Indigenous Resiliency: Understanding the Past in Order to Move Forward.” After years of working in clinics with individuals dealing with historical traumas and navigating her own, Miranda found that through talking circles she was able to help people find real solutions. Traditionally, Tribal talking circles included all members of the community and built a sense of inclusiveness and community as they were able to

come together and discuss things. Talking circles are arranged with children in the very middle, surrounded by Elders, then by women and then by men, she explained to the group as they gathered on the lawn. “Events like Healthy Kodiak that present to people and teach them about historical trauma is one of the best and most effective ways I can think of to help people overcome and move through trauma.”



Participants of Healthy Kodiak 2019 come together in a traditional healing circle during Renewing Indigenous Resiliency.

MENTAL HEALTH FIRST AID

Jill Ramsey, Behavioral Health Training Coordinator and an Adjunct Professor in the Center for Human Development at the University of Alaska’s College of Health, educated the audience on “Mental Health First Aid” training. Of growing concern in the Kodiak Community is the mental health wellbeing of its members as we have seen a growing number of suicides and substance-use disorders. Mental Health First Aid is an education program that helps the participant identify, understand and respond to signs of mental illness, suicidal thoughts, self-injury and substance-use disorders. By receiving the training, the hope is that we can help individuals recognize problems and solutions. Ramsey emphasized action over reaction. “The training is especially important in rural communities,” says Ramsey, “where we care about one another; we want to be connected, to know when someone is struggling and what to do.”

CONNECTING GENERATIONS

Healthy Kodiak 2019 emphasized the role that communication, generational support and inclusiveness play to build healthier, resilient communities. As one attendee put it, “I enjoyed the presentations and info that was shared. It really hits home to all, in every family and community, in some way. It allows us to focus on how we can heal.” Healthy Kodiak is designed to shed light on issues that are negatively impacting the wellbeing of our people and our communities, and we look forward to seeing how we can continue doing so for Healthy Kodiak 2020.



KANA YOUTH INTERN SPOTLIGHTS:

Contributed by Tom Pogson, Employment & Training Coordinator

KANA's Supplemental Youth Employment Training Program (SYETP) serves Native youth in Kodiak by offering them individualized work placements in their communities. ETSS case managers arrange for youth to work directly for a business, agency or Tribe and receive on-the-job training, mentoring and supervision from both their employer and the case manager. The real-world work experience that SYETP provides fosters work-ready skills that form a foundation for future job training, work choices and education.

In 2017, the SYETP program empowered 42 youth, who worked a total of 4,900 hours; by the end of August 2019, SYETP has already employed 54 youth, who worked a collective 6,900 hours in this year alone. "It's amazing how the program has grown," says Employment & Training Coordinator Tom Pogson.



Two of this year's SYETP interns recently completed successful placements working directly for KANA: Lachlan Morris, 17, is a senior at Kodiak High School and the son of KANA Behavioral Health Case Manager Hope Rustemeyer of Old Harbor; and Aiyana Gertz, 16, is a sophomore at Kodiak High School and the daughter of Taletha Gertz, formerly the education coordinator of the Native Village of Afognak.

Facilities Intern

LACHLAN MORRIS



Lachlan's mother, Hope, first encouraged him to pursue SYETP in 2018. He began as an Assistant Museum Technician at the Baranov Museum (now the Kodiak History Museum), where he assisted Curator of Collections Margaret Greutert. Lachlan helped Margaret organize and file museum collection materials and do computer data entry. One of the goals of the SYETP is to help youth decide what fields they might be interested in pursuing, and Lachlan learned he was interested in finding something a little more active and varied.

Lachlan transitioned in 2018 to work as an intern for the KANA Facilities Department, which provided him the opportunity to work on diverse projects and tasks. At any time, the KANA facilities crew may have 10 or more major projects underway, dozens of routine duties and any number of "help tickets" generated by other KANA staff and programs. "I liked the variety of work," said Lachlan, and so when the SYETP looked for a placement for him during the summer of 2019, coming back to KANA was an easy choice. This summer, Lachlan was a regular member of the facilities team from June through August.

"After high school, I want to get vocational training in diesel mechanics, possibly carpentry, and also get heavy equipment operating certificates," Lachlan said.

Given the energy and positive attitude he brought to his SYETP work placements, we are sure that Lachlan will succeed in whatever he chooses.

Environmental Intern

AIYANA GERTZ

Aiyana was introduced to SYETP by her mother, Taletha Gertz. When she first interviewed with Employment & Training Coordinator Tom Pogson, she told him that she did not want to work indoors, so he connected her with Environmental Technician Andie Wall, who performs water-quality and shellfish tissue sampling for KANA's Economic Development Department. Aiyana's summer consisted of a series of field trips to Kodiak beaches collecting samples used to monitor ocean acidification and harmful algae blooms responsible for paralytic shellfish poisoning. In addition, Aiyana also did lab work and computer data entry, which she enjoyed more than she thought she would.



"Working with the KANA PSP project, I now feel like I'm one of the people who knows more about intertidal algae populations in Kodiak than anyone," Aiyana confessed, calling herself a "phytoplankton nerd." When asked whether she would consider working for the KANA water-quality project again, the answer was a resounding, "Yes!"

Aiyana had previously worked at the Dig Afognak culture camp but had not been involved with scientific research before. After high school, Aiyana now says that she wants to go to college to study biology and marine science. Her experience with researching Kodiak waters looks like it may be the first of many to come.

CULTURAL BREAKOUT SESSIONS

On September 4, cultural breakout sessions were held for the first time during KANA's Healthy Kodiak 2019 event. Participants were able to choose between four activities, including an Alutiiq language primer, trauma-sensitive yoga, salmon-skin crafts and a salve-making workshop. These cultural activities provided participants an easygoing and fun atmosphere to engage with each other, with the hope to inspire new cross-generational relationships and support systems within the Kodiak community.

Susie Malutin led the Alutiiq language primer and emphasized the importance of the revitalization of Alutiiq language programming so that it may be passed down. With the help of a grant through the Alutiiq Museum in 2016, and with the help of local fluent speakers and a small group of students, a master apprenticeship program and curriculum were developed. Not only has this helped reawaken the language, but it also provided Elders who participated in the program's development a new opportunity to speak and share the language. The language program is now offered through Kodiak High School, Kodiak Community College, the Dig Afognak program, and a local preschool immersion program. "The language program is important because it not only teaches the Alutiiq language," explained Malutin, "but it also promotes culture and a sense of belonging."

"I've always done art. My mom always sewed and painted. Materials were always available to us," said Coral Chernoff, who led the salmon-skin art workshop. "There were five of us kids, and we always sat down together and did art. It's something I grew up with and value a lot." As an adult, Chernoff lives a subsistence lifestyle, which both allows her

to acquire the materials she uses and inspires her. "I love teaching classes because it introduces people to things they wouldn't otherwise consider art. Salmon skin, for example, isn't usually considered art. We eat salmon, and it's such a big part of our lives. It's a great activity to think of other ways to use it, being so versatile and beautiful." The activity is designed to help people find pride in repurposing things available in their everyday lives, creating their own materials and making art. "Art is like yoga, in a sense. It's meditative. The repetitiveness of each stitch just allows you to breathe."



Coral Chernoff leads a salmon skin workshop during Healthy Kodiak 2019.

KANA INTRODUCES NEW PROGRAM SUPPORTING GRANDPARENTS

This fall, KANA will introduce its newest support and learning group: Grandparents Raising Grandchildren. This group was designed specifically to address the shift in the role many grandparents play in families and offers support to the community of grandparents in the Kodiak Area who have assumed parenting roles.



"Traditionally, grandparents have played an important role in Alaska family culture passing on traditions, sharing wisdom, and supporting children and grandchildren" explains Behavioral Health Consultant Jordan Beard. "However, in response to the growing nationwide opioid epidemic, we've seen grandparents moving back into parenting roles. For more than 5.5% of all children in the United States, grandparents are the primary caregivers. This number has only increased in our Kodiak community. We know our grandparents play a vital role in the lives of their grandchildren and this shift in roles affects many aspects of their lives; it forces them to reevaluate their own personal goals and desires, financial needs and involvement in their grandchild's life."

KANA's Behavioral Health Director Jessica Kell elaborates: "Future thoughts of retirement and mostly hands-off caregiving is turned upside down as grandparents find themselves again financially, emotionally and physically raising a child. While all this change goes on, many grandparents are grieving the hardships their children face and fear the emotional pain this will bring for their grandchildren. Most of the stories we've heard of grandparents parenting again are filled with both wonderful joys and significant challenges. Our hope is that this group will help bring an extra level of support to grandparents and emphasize that they are not alone."

Together with a KANA behavioral health consultant, grandparents will meet every other week for 10 weeks to share stories, challenges, fears and successes as well as learn new skills and resources to meet their current needs. Topics to be covered will be: addressing the individual needs of the grandparent, discipline and behavior management in the grandchild's technology-focused environment, developing resources for children with high needs or trauma histories, managing personal finances, maintaining personal health and much more.

The first month of groups began September 12. If you are a grandparent interested in participating in Grandparents Raising Grandchildren, please contact your KANA primary care provider for a referral or contact KANA Behavioral Health Case Manager Fawn Chaya at 907-486-9800.

KANA is excited to partner with our grandparent community and support all of our "parents parenting again!"



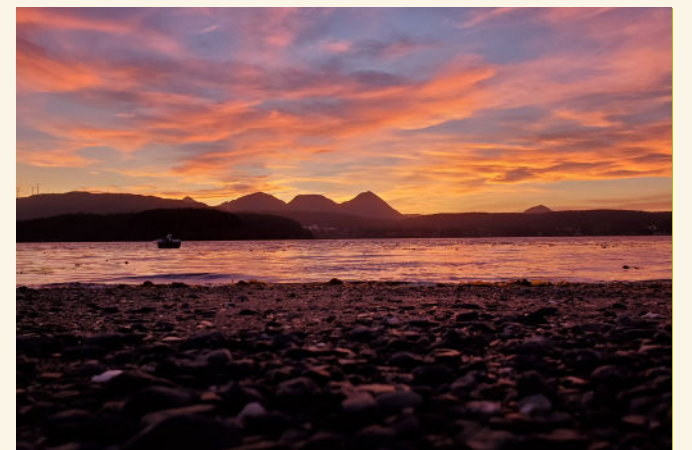
WOMEN'S WELLNESS RETREAT 2019

“To Dance with Our Grandmothers,” Women’s Wellness Retreat 2019, was held August 16-18. The event is sponsored by KANA, Sun’aq Tribe of Kodiak and Kodiak Women’s Resource & Crisis Center. Seventy-five women from Kodiak and surrounding villages attended the three-day retreat, which took place on Woody Island.

“The weekend retreat is about empowering women to come together and celebrate commonalities and differences as well as to honor the strength and great capacity women have to nurture others,” explains Cassie Keplinger, KANA’s family services coordinator, who was in charge of coordinating the event.

The weekend offers a variety of activities to help women take time to nurture themselves, connect with one another and celebrate their culture. “During the opening ceremony, participants honor their Alutiiq customs and light a traditional oil lamp lit by the oldest and the youngest participants as a tribute to their ancestors and to honor their rich cultural lifestyle and to pass down to the younger generation these values.”

The 2019 agenda included activities about self-care, honoring of culture, violence prevention and safety planning, healthy lifestyle choices as well as various craft activities led by local experts. Woody Island offered the perfect backdrop for women to connect in nature and participate in kayaking, walking, hiking and beachcombing.



At the close of the retreat weekend, “Honor Quilts” are presented to participants who have overcome obstacles in their lives. The women are chosen by the participants, and this year three strong women were honored who each, in their own way, faced hardships and obstacles and made strides towards wellness: Gayla Pedersen, Shelly Roberts and Elder Lily Pletnikoff.

“The retreat is a safe place for women to come together to share personal healing journeys and life’s challenges and triumphs” says Keplinger. “We were honored to host a variety of women, including 10 Elders over the weekend; they really help to provide inspiration and encouragement to one another as we strive to live healthy and prosperous lives.”



SUMMER PROGRAM WRAP-UP

KANA's Preventions team brought another summer full of fun, adventure and activities to the youth of Kodiak Island. This year, the KANA Preventions team put on activities four days every week during the summer, including two days of games at the park, a day of intense hiking all over the Kodiak road system and a fourth day with a nature walk.

"Activity Afternoons" were every Monday and Friday at Baranof Park and welcomed all kids going into first grade and up. "We had a great turnout and had 20 or more youth participants on all but one day," reflects Prevention Grants Manager Matt Kozak, "even when it was raining and we were confined to the ice rink." Throughout the summer, the kids played a large variety of games, including several forms of dodgeball, basketball, ultimate Frisbee, soccer, capture the flag, half a dozen varieties of tag, baseball, kickball and others. "While many of these days focused on having fun in the sun, we also hope the youth took away a variety of lessons, such as communication skills, good sportsmanship, teamwork and more."



In addition, KANA expanded Explore the Rock to include two days of activities this summer. Thursday has always been our hiking day, and this year we ramped up the difficulty by including hikes such as Barometer, Pyramid, Kashevaroff, North Sister and several other peaks. Tuesdays, newly added this summer, were slightly shorter days designed as low-intensity nature walks and saw staff and participants heading to places such as Boy Scout Lake, Fort Abercrombie, Heitman Lake and more.

"While a big goal of Explore the Rock is to help kids have fun in a positive, supportive environment, we also want them to take away some important lessons, even if they don't realize they are learning," explains Kozak. "Whether it was learning about bear safety, wilderness survival, first aid, or the importance of having respect for others, we worked to get the kids physically and mentally active and engaged."

Summer 2019 was a big success, and KANA's Prevention staff look forward to seeing what 2020 will bring.



RELAY FOR LIFE 2019

The Relay for Life movement is the American Cancer Society's signature fundraiser dedicated to helping communities attack cancer. Through funds donated, time given, or awareness raised, our communities are teaming up to make a difference. Participating in Relay for Life events gives communities the opportunity to honor survivors and remember loved ones who were lost and helps give cancer patients and their families the resources they need to continue fighting. When we rally together in the fight against cancer, we can accomplish anything.

At 5 p.m. on July 26, KANA employees, families, friends and community members joined together to participate in this year's opening ceremony. KANA's team, We KANA Beat Cancer, was fortunate to have volunteers who walked and ran the booth for the entire event. Team members were at the track during the early morning hours and late into the evening; they walked through the rain, wind and sun. Our team represented KANA and our community, as we support research efforts that will create a world with more birthdays. Cancer has no off-season, and neither do we.

The We KANA Beat Cancer team raised \$8,309; overall, Kodiak raised over \$41,000, which will benefit the American Cancer Society in Alaska to support Alaskans. In addition to raising funds through our traditional lap counters, our team hosted a variety of fundraisers, including a weightlifting competition, "Don't Stop Believin' In a Cure" t-shirt sale, bake sales and crowd-pleaser "Pie a First Responder" event.



Additionally, KANA Wellness Center Office Specialist Kylee Yavorsky, and team co-captain, organized a Be the Match blood-marrow registry drive. Be the Match is operated by the National Marrow Donor Program and manages the largest and most diverse marrow registry in the world. Bone-marrow transplants help those diagnosed with life-threatening blood cancers like leukemia and lymphoma. Based on information from Be the Match, American Indian and Alaska Native patients with blood cancer have a 57% chance of finding a match within the registry. Of the participants who registered during Relay for Life, 50% were Alaska Native.

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UPCOMING SPECIALTY CLINICS

PEDIATRICS
OCTOBER 1-2

OPTOMETRY
OCTOBER 7-11

AUDIOLOGY
OCTOBER 15-17

ENT
(EAR/NOSE/THROAT)
OCTOBER 16-17

CARDIOLOGY
NOVEMBER 18-20

ARTHRITIS
NOVEMBER 25-27

KANA ANNUAL MEETING SATURDAY, OCTOBER 12 | 9:00 A.M.

AFOGNAK CENTER
300 ALIMAQ DRIVE, NEAR ISLAND

The Annual Meeting of the Kodiak Area Native Association will be held on Saturday, October 12, 2019, for the purposes of electing four (4) Directors to the Board and to conduct such other business as may properly come before the meeting.

Registration: 9 a.m.

Call to Order of the Meeting: 10 a.m.

Lunch will be provided following the meeting.

The following Tribal chapters will each elect one (1) Director at this year's meeting:

Native Village of Larsen Bay

Native Village of Ouzinkie

Tangirnaq Native Village

Gwangkuta Suuget, At Large

Door prizes will be awarded. To win door prizes, you must be present.

We look forward to seeing you there!