



KODIAK AREA NATIVE ASSOCIATION

Kodiak Native Wellness News

Qik’rtarmiut Asiitmen



Promoting Wellness and Knowledge for Kodiak’s Native People

UGNERKAQ | SPRING 2018

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Around the Island with KANA!

Meet the team and learn about services at our village health fairs!



KANA staff and volunteers at the Ouzinkie Health Fair, February 2018.

STRETCH!

Manya and Katie share 3 easy poses you can do at home!

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PRESIDENT'S LETTER



Greetings,

With the holiday season behind us, I'm pleased to report that 2018 is off to a busy and productive start.

On December 19–21, AAAHC (Accreditation Association for Ambulatory Health Care) representatives visited our two health centers in Kodiak, and also visited the clinics in Port Lions and Ouzinkie. AAAHC is an organization which accredits health care organizations through the inspection of facilities and healthcare delivery systems. AAAHC surveyors met with our health care teams, toured our buildings, and examined our policies and procedures. KANA was praised for our continued

drive to uphold and improve our quality of patient care. The survey was also a consultative and educational opportunity, and the surveyors provided KANA with best-practice suggestions for healthcare services.

Our AAAHC certificates were renewed for three more years, through February of 2021. Maintaining our accreditation shows KANA's commitment to provide quality care to our patients, and demonstrates that our healthcare delivery has met the rigorous standards of an independent, nationally-recognized third party.

KANA was recently awarded a Behavioral Health Integration Initiative (BH2I) grant from the Indian Health Service (IHS) to implement a collaborative care system and to expand behavioral health services. Jessica Kell has joined KANA as our new Behavioral Health Director, where she will develop new collaborative partnerships between behavioral health and medical care providers. One of KANA's goals is to increase engagement rates for patients with undiagnosed behavioral health risk factors.

We welcomed several new employees to our villages in recent months. Three new Community Health Aides joined the KANA team: Stephanie Brenteson in Akhiok, Shellie Martin in Ouzinkie, and Amanda Spiegel in Larsen Bay. Also in Larsen Bay, Brent Guard is currently training as a Behavioral Health Aide. Old Harbor residents are enjoying meals by our recently appointed Village Cook, Caroline Kelly. KANA has also brought on two new Village Public Safety Officers: Ryan Helmecy in Ouzinkie, and Kathryn Wolski in Port Lions.

If you are interested in a rewarding career helping to improve the wellbeing of Kodiak's communities, visit kodiakhealthcare.org/careers where you can browse current job listings and submit your application.

Respectfully,

Andy Teuber,

President and CEO

News + Updates

Don't miss out on upcoming events!
Sign up to receive emails with news
and updates at kodiakhealthcare.org



KANA Staff "Serves" Ouzinkie

In February, the KANA Prevention team visited Ouzinkie to facilitate the health fair and take part in some village activities, including an evening of volleyball.

Our Prevention Specialists educate island communities on a variety of social and health issues, including tobacco, substance abuse, domestic violence and suicide prevention through group activities that inspire positive choices and healthy lifestyles.





KANA Holiday Dinner

KANA's Annual Employee Holiday Dinner took place on Friday, December 15th at the Afognak Alimaq Center. Over 200 KANA employees and their guests enjoyed warm conversation and a traditional Holiday dinner. Members of Isle Bells, Kodiak's Community Hand Bell Choir, helped KANA ring in the holiday season. Father Christmas and Lady Noel made an appearance, handing out chocolate coins to everyone to provide good fortune. Monk's Rock catered and served our guests a selection of ham, salads, seafood, and desserts.



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KANA Receives EPA Funding to Develop Village Environmental Programs

In 1992, Congress passed the Indian Environmental General Assistance Program Act. This act authorized the Environmental Protection Agency (EPA) to provide General Assistance Program (GAP) financial and technical assistance to tribal governments to assist in developing environmental programs, particularly addressing hazardous waste issues. Priority funding is provided to federally-recognized tribes, with remaining funds granted to inter-tribal consortia programs.

KANA has been awarded IGAP funds to develop a consortia program for Kodiak’s ten federally-recognized tribes. Seven of our ten tribes—Village of Old Harbor, Native Village of Port Lions, Native Village of Ouzinkie, Kaguyak Village, Native Village of Akhiok, Native Village of Larsen Bay, and Native Village of Karluk—are located off of the Kodiak road system.

Native Village of Afognak, Sun’aq Tribe of Kodiak, and Tangirnaq Native Village currently receive solid waste services from the Kodiak Island Borough. Communities not on the road system have varying degrees of waste management activity.

Each of the village communities experience waste management challenges in similar ways. By creating a central consortia, KANA can organize communications and provide technical support to assist Tribes and municipalities in addressing these waste management challenges as well as other environmental challenges.

“We will assist in communicating, promoting collaboration, and sharing information on priority environmental issues,” says Stephanie Mason, KANA’s Regional Environmental Coordinator.

“It is in our current work scope to focus on developing a sustainable

solid waste/hazardous waste back-haul program and a regional water quality sampling project.”

With a degree and background in Community Psychology, Stephanie attributes her experience as the former Executive Director at Threshold Services as sparking her environmental passion.

“I look forward to addressing Kodiak’s environmental and public health concerns while assisting villages to develop self-sustaining solid waste management programs in their communities,” she said. “Facilitating communication processes will help improve the efficacy of existing environmental protection efforts, increase efficiency, and hopefully reduce the costs.”

Since receiving the grant, KANA has established relationships with the Tribal Environmental Coordinators of each village to become familiar with

their existing programs, community goals, and concerns. Hazardous waste and water quality will be the consortia’s focus for 2018.

KANA and Kodiak Island Borough recently partnered in a massive island-wide cleanup of hazard household and industrial waste, including a total of 2,625 tons of scrap metal and 27,939 pounds of lead-acid batteries.

However, as villages continue to receive commodities, solid and hazardous waste will continue to accumulate.

Meanwhile, warming ocean conditions and lowering pH is creating a stressful environment for marine life. The warming of the ocean temperature is specifically creating an environment for the growth and spread of harmful algae. Researchers are investigating if harmful algal blooms are connected to the recent mysterious deaths of marine mammals in the region.

FACING PAGE:

Far left: Teacon Simeonoff of Akhiok (knealing) at HAZWOPER training in Anchorage.

Middle: Disposal of scrap metal and industrial waste is an ongoing problem in the villages.

Right: Stephanie Mason is KANA's Regional Environmental Coordinator.

THIS PAGE:

Akhiok community members cleaning up the neighborhood.

Stephanie was also appointed as board member with the Solid Waste Advisory Board (SWAB) in Kodiak. "Technically speaking, Stephanie will serve in this role in a personal capacity," says KANA Economic Development Manager Tyler Kornelis. "However, her service on this board will have relevancy to her Environmental Coordinator role at KANA. It could certainly be possible to raise necessary issues and concerns of the village communities at the SWAB meetings and be a communication conduit from the Borough to the villages regarding solid waste issues."

Stephanie expressed excitement to see the results of this important community project. "The rural communities are already doing amazing work," she said. "I look forward to assisting them in ways that will build their programs' capacities and provide a healthier environment for their people." ■



Each village community experiences waste management challenges in similar ways. By creating a central consortia, KANA can organize communications and provide technical support to assist Tribes and municipalities in addressing these waste management challenges.

ANTHC Opens Walk-In Clinic at ANMC

In January, ANTHC opened a new specialty clinic—the Walk-In Clinic at ANMC—to provide non-emergent health care services for out-of-town patients while visiting Anchorage. This clinic is for patients of all ages who have an illness or injury and need immediate care, but are not experiencing a medical emergency.

Some reasons you may want to visit the Walk-In Clinic at ANMC include:

medication refills, vaccinations, fever and dehydration, school physicals, Department of Transportation physicals, sinus and ear infections, sore throats and colds, cuts and minor skin infections, muscle strains and sprains, urinary tract infections, and STI testing.

The Walk-In Clinic is staffed with nurse practitioners, certified medical assistants and medical clerks. The clinic is located on the third floor of

the Healthy Communities Building, 3900 Ambassador Drive. The Walk-In Clinic is open Monday–Saturday from 9:00am–9:00pm and Sunday from 10:00am–6:00pm.

The Walk-In Clinic phone number is 907.729.1500. For more details, contact Rachael Bridwell, Walk-In Clinic Nurse Manager, at rbridwell@anthc.org or Cindy Wilson, Director of Multi-Specialty Clinics at cwilson@anthc.org.



The Walk-In Clinic at ANMC

Join the KANA Team! We're hiring Behavioral Health Aides in Ouzinkie and Old Harbor

KANA is currently seeking candidates for two Behavioral Health Aide (BHA) positions for the village communities of Old Harbor and Ouzinkie! This dynamic role assists Village Response Teams with substance abuse, case management, crisis intervention, and mental health. The BHA provides

advocacy, monitoring, case management, and follow-up to clients. They also coordinate drug-and-alcohol-free social activities and health education for youth and adults to promote good health, and assist with the health fair, summer camps, and presentations in the school and community.

Apply online today at kodiakhealthcare.org/careers



Jessica Kell,
Behavioral Health Director

Jessica Kell Hired as Behavioral Health Director

Jessica Kell joined KANA this winter as our new Behavioral Health Director. Jessica is a chemical dependency and mental health counselor with a Master's degree in Clinical Psychology from Trinity International University. She is a Licensed Professional Counselor in the States of Alaska, Washington, Idaho, and Hawaii. Ms. Kell holds a National Counseling credential and a Chemical Dependency Counselor I certification and has been in practice since 2005.

Her clinical expertise is in individual counseling with adolescents and adults and in couples counseling. Her specialty areas include substance abuse, depression, anxiety, and recovery from grief and trauma. She also addresses family dynamic concerns such as parenting, communication, and relationship building.

Ms. Kell has been in practice for over a decade, most recently serving with Iliulik Family Health Services in Unalaska. "I'm

originally from Germany and spent my childhood in West Africa," she said, "and I've called America my home since 2000. In 2009, I became an official transplant to Alaska from Washington State and truly hope to never live anywhere else."

In October, KANA was awarded the Behavioral Health Integration Initiative (BH2I) grant from the IHS. This funding will provide an opportunity to expand our family medical home to create a more connected and personalized experience. Jessica elaborates: "One way you will see us accomplish this is through Samantha and Michael—our two new integrated behavioral health consultants—who will be working alongside medical Providers. KANA is becoming dynamic in its approach to total wellness. This includes helping patients make the behavioral changes needed to reach their health care goals." ■

For Behavioral Health questions, call KANA at 907.486.9800.

Health Fairs in the Villages

In an effort to promote services and provide health education to our island communities, KANA is organizing health fairs throughout the summer. Each fair highlights community and health services available at KANA, including behavioral health, fitness, nutrition, child advocacy, infant learning, dental care, substance abuse prevention, and tobacco prevention and cessation, and medical care.

Ouzinkie hosted their first health fair on Friday, February 16, at the village tribal hall. A dozen specialists from KANA set up tables alongside representatives of the Kodiak Women's Resource & Crisis

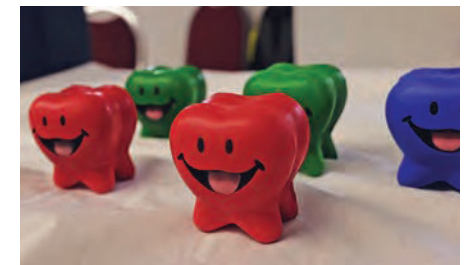
Center and the Kodiak Baptist Mission.

KANA Community Health Director Siene Allen has helped develop several of the organization's public events. "Health fairs provide us an opportunity to deliver important health and prevention information in a relaxed setting, so we really try and make the health fairs fun and engaging for participants," said Siene. "For example, instead of just saying that smoking causes build-up of tar and chemicals in your lungs, we show attendees actual vials of tar to put it into perspective and create a visual impact that sparks further conversation."

Interactive elements are also helpful. Manya Wandersee is a Wellness Center Specialist who is developing a fitness program for Kodiak's rural youth through instructional videos and printed guide. The children who will be participating in the program were able to meet Manya in person and try out some of the exercises that they'll be doing on their own over the coming months.

Siene adds: "We hope that our messages will have an impact long after the event is over and leave attendees thinking about how they can make small changes every day that add up to big health rewards in the future."

Port Lions and Larsen Bay will take place in mid-spring. Dates for these and future health fairs will be posted on Facebook and in the village clinics as they are confirmed. ■





Each issue, we talk with a staff member to learn about their career and what brought them to KANA.

EMPLOYEE SPOTLIGHT

Tasha Pedersen

Chemical Dependency Counselor

Born and raised in Kodiak, Tasha Pedersen is a Chemical Dependency Counselor with KANA. She helps people whose lives are affected by substance abuse, whether it's themselves or someone in their family. "The purpose of what I do is to get people from where they are at with their substance use—whether it's a DUI or a year of struggling with addiction—to where they want to be." Tasha, who has a Bachelor's degree in Psychology, has always had an interest in mental health. She said she chose to work at KANA as it's a place where she can put her education to use every day, while gaining new hands-on knowledge in the realms of counseling and addiction.

What are the best parts of your day?

The most rewarding part about this job is witnessing people decide to change their life and working incredibly hard to make it happen.

Working in the villages, I can meet people who have been struggling with substance dependence on their own and see what I can do to support them.

How do you elevate your own wellbeing?

On my free time, I walk in nature as much as I can and go on hikes when the weather is right. I think as a person in the mental health field, it is important to maintain my own mental health wellbeing. I actively work on it with exercise, yoga, family time, nature, reading,

writing, or whatever I can do to keep my creative juices flowing and active.

What has made KANA a unique place to work?

KANA is a cool work environment because everything is connected. I can set people up with medical or community resources with a quick phone call. When there's some random question I need answered, it doesn't take long to find someone to help.

There is also room to grow here and I've found that pursuing additional training is both encouraged and supported.

At KANA, I've been given an opportunity to start my career and gain experience that will influence me for the rest of my professional career.

"My goal is to never think I know more about someone's life than they do."

Safely Disposing Drugs

Free Deterra® Deactivation Pouches Now Available!

The Deterra® Drug Deactivation System is a new technology that allows patients to safely dispose of unwanted or expired prescription painkillers at home.

The deactivation system works simply by dropping medication in a Deterra pouch which contains a carbon that bonds to pharmaceutical compounds. Simply add water and shake it up to neutralize the active ingredient in the drug. The biodegradable bag can then be safely placed into the trash.

In the past, pharmacists have often told patients to dispose of unused or expired medications by putting them in cat litter, sawdust, or used coffee grounds. While these materials absorb *some* of the medication, much of it still remains and can still be dug out of the garbage and potentially abused. Those materials may absorb only 15–23% of the medications.

In contrast, the Deterra system neutralizes 98% of the medication, using a form of activated charcoal. The bag can then be disposed of safely, without the risk of the drugs entering the water supply or landfill.

KANA is providing Deterra pouches to the community as a part of a multi-pronged effort to curb opioid abuse. Opioid abuse is a national crisis and Kodiak is not spared from the effects. Removing opioids that are no longer needed from the community—through use of the Deterra kits and other avenues—helps prevent people from taking drugs that aren't theirs.

KANA Prevention Grants Coordinator Matthew Kozak elaborates: "Benefits are achieved for law enforcement in combating drug diversion and, most importantly, for the community-at-large by keeping people from becoming addicted to opioids and helping prevent overdose-related deaths."

The bags can be used to deactivate pills, capsules, liquid medications, or patches.

If you have medication you no longer need, Deterra bags are currently available at no cost through the KANA pharmacy and Kodiak Public Health Center. ■



Free Legal Aid for Qualifying Patients at KANA

The Medical-Legal Partnership (MLP) is a new resource to help improve the health of American Indians and Alaska Natives by addressing health harming legal needs. The MLP attorney, through Alaska Legal Services Corporation (ALSC), will provide free, civil legal services to our qualifying patients.

Recognizing that legal issues can impact a patient's ability to address health needs, AmeriCorps has funded the Partnering for Native Health program. Fourteen MLPs serve healthcare facilities in Alaska, Arizona, Nebraska, New Mexico, and Oklahoma. For more information, please visit www.alsc-law.org/medical-legal-partnership.



What legal matters can the MLP attorney address?

The MLP attorney can assist with a variety of civil legal issues including:

Decision-Making Matters

- Power of Attorney
- Guardianship
- Wills
- Advance Directives
- Miller Trusts

Safety Concerns

- Domestic Violence
- Elder Abuse/Exploitation

Housing Issues

- Eviction
- Foreclosure
- Rental Access
- Rental Conditions

Education System Problems

- Special Education Needs
- Disciplinary Needs

Public Benefit

Denial, Reduction or Termination

- Medicaid
- Medicare
- Food Stamps/SNAP
- ATAP or TANF
- Social Security
- Disability
- Unemployment

How do I find the MLP attorney?

A health care Provider may refer you to the MLP attorney, or you may contact the attorney directly.

The MLP attorney is located at the Mill Bay Health Center on weekdays from 8:30am to 5:00pm (Thursdays until 6:00pm). Please note that office hours may vary.

To find out if the MLP attorney can assist you, contact Kelsey Eggert at 907.486.7320.



Kelsey Eggert, J.D.
AmeriCorps Member Attorney

What should I expect when I meet with the attorney?

1. The MLP attorney will give you an opportunity to briefly describe your legal issues and conduct a "conflicts check" to determine if she is permitted to hear more.
2. If there are no conflicts, the MLP attorney will conduct an intake interview during which she will gather information about you and your legal issues.
3. After collecting the information, she will consult with other ALSC attorneys to determine if she will be able to provide you with legal assistance.
4. After the consultation, she may either provide you with legal advice or directly represent you. If she cannot provide advice or representation, she may direct you to self-help resources or refer you to a different attorney. ■

Customer Satisfaction Survey



Your feedback is essential in shaping and improving our services. Quyanaa!

We've launched a brand new survey to learn more about your experiences with KANA's customer service. Find the **Survey Kiosk** in our main lobby, or take the survey on your phone or computer:

kodiakhealthcare.org/survey

You are always welcome to email your ideas and comments anytime to info@kodiakhealthcare.org.



AAAHC Accreditation Visit

KANA has once again achieved accreditation by the Accreditation Association for Ambulatory Health Care (AAAHC). Accreditation distinguishes our organization from many other outpatient facilities by providing the highest quality of care to its patients as determined by an independent, external process of evaluation.

Status as an accredited organization means we have met nationally recognized standards for the provision of quality health care set by AAAHC. More than 6,000 ambulatory health care organizations across the United States are accredited by AAAHC.

Ambulatory health care organizations seeking accreditation by AAAHC undergo an extensive self-assessment and on-site survey by AAAHC expert surveyors made up of physicians, nurses, and health care administrators. The survey is consultative and educational, presenting best practices to help an organization improve its care and services. Not all that undergo the rigorous on-site survey process are granted accreditation. ■

I've heard that people have caught mumps in Alaska. What should I know?

What is mumps?

Mumps is a contagious disease caused by a virus. It's easily spread in places where groups of people spend extended time together, like in schools and shared living spaces.

Both adults and children can become infected.



What are the symptoms?

Symptoms often occur 2–3 weeks after exposure. Some people have mild symptoms, if any at all. It's possible to spread the virus without knowing you have it.

Signs of mumps vary with each person.

Typical symptoms are a combination of:

- Swollen face or jaw
- Headache
- Unusual tiredness
- Muscle soreness
- Respiratory issues
- Fever for over 3 days

How is it transmitted?

The virus is typically spread through airborne saliva. When an infected person coughs or sneezes, saliva droplets aerosolize and can enter the nose or mouth of another person. The virus can also survive on surfaces.

The typical ways the mumps virus is transmitted are:

- Coughing
- Sneezing
- Talking closely
- Sharing eating utensils (cups, forks, straws, etc.)
- Touching contaminated surfaces (counters, keyboards, phones, etc.)

Can I avoid getting it?

Get vaccinated:

- Mumps is covered by the MMR Vaccine (Measles, Mumps, and Rubella).
- If you have not been vaccinated in over 5 years, ask your Provider about a booster.

Follow good hand hygiene:

- Wash your hands thoroughly with soap and water. Show your kids proper hand-washing, too!

Keep your germs to yourself:

- Cover your mouth every time you cough or sneeze.

COVER YOUR COUGH!

Spreading germs is easy, but it's also pretty simple to avoid spreading them to others! Does your family follow proper cough-and-sneeze etiquette?



Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.



If you don't have a tissue, cough or sneeze into your sleeve or inner elbow. Don't cough into your hands!



When you visit our clinics with a cold or flu, you may be asked to put on a face mask to protect others.

Wash your hands thoroughly with soap and water several times a day!

KNOW YOUR HEART

Regular exercise is the single most important key to heart health.

And it's free!



HEART FOODS:

- Salmon
- Brussels Sprouts
- Oatmeal
- Liver
- Walnuts
- Almonds
- Chia Seeds
- Blueberries
- Green Tea
- Soy Milk
- Raisins
- Broccoli
- Dark Chocolate
- Cauliflower
- Yams
- Whole Grains
- Apples
- Oranges
- Grapefruit
- Avocados
- Olive Oil

Steel-cut and rolled oats are health superfoods. Avoid processed and flavored instant oatmeal. Add your own raisins, cinnamon, or diced apples!

Choose one with at least 70% cocoa, which has been linked to lower blood pressure: its flavonols relax arteries and increase blood flow. Avoid saturated fats from additives such as palm oil.

A woman's average heartbeat is **faster** than a man's by almost 8 beats a minute.

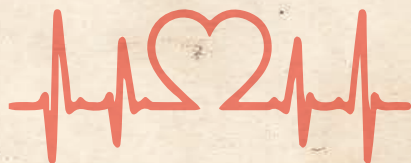
A NORMAL HEART VALVE IS ABOUT THE SIZE OF A HALF-DOLLAR COIN



The Alutiiq word for heart is **unguwateq**
(Qunukamken means "I love you")

A DAILY DOSE OF FRIENDSHIP IS GREAT MEDICINE. MAKE TIME TO CALL FRIENDS AND FAMILY SO YOU CAN CATCH UP. MEDITATE. BOOK A MASSAGE. REDUCE STRESS. BREATHE.

THE AVERAGE HEART BEATS 100,000 TIMES A DAY



BLUEBERRIES

Blueberries have high levels of compounds that help widen arteries, which helps blood to flow smoothly. Rich in antioxidants, blueberries are also low fat, free of saturated fat, and a good source of fiber and vitamin C. (Plus, they may improve your memory!)



Broiled, grilled, or baked, **Kodiak salmon** is packed with omega-3 fatty acids that improve the metabolic markers for heart disease. It also has rich levels of selenium, an antioxidant that studies have shown boosts cardiovascular protection.

KANA



HEART HEALTH HELP IS HERE!

KANA's personal trainers, nutritionists, WIC services, and medical specialists can assess your current health and guide you to a preventative lifestyle. Ask a Wellness Center staff member how to get started!

The **Ages & Stages Questionnaire (ASQ)** is a tool for parents to learn about their child's development and to help identify possible delays in child development of infants from birth to 60 months of age.

Take the ASQ questionnaire online at: www.kodiakhealthcare.org/asq



Infant Learning Program

Working with parents to create plans and goals for their child's success.

The Infant Learning Program (ILP) is part of the Alaska Early Intervention system, helping children under the age of three experiencing a developmental delay or disability.

Before the age of three years, a child undergoes rapid learning and brain development. Children exposed to drugs or longterm sources of trauma are at risk of developmental delays. The earlier a problem is identified, the greater the chances are for a child's future success. If ignored, one area of delay potentially affects other realms of a child's development. For instance, children who can't speak won't make friends and may suffer socially. Or, children who have gross motor delays can't get around to explore and learn from their environments.

ILP's goal is to ensure children are successful in life by providing parents with the skills to help their children progress. They also provide advocacy resources for any additional assistance needs. The KANA ILP program has built relationships with service

providers in Kodiak's community to ensure help is available in situations where KANA's services can't accommodate, such as specialty speech and physical therapy services.

Arwen Botz, ILP's Developmental Specialist, has recently transitioned into the role of ILP Coordinator. She oversees the ILP program as she continues to serve as the ILP Developmental Specialist, supporting children and their families in all areas of development with a focus on social-emotional skills.

The program also welcomed Adrianna Sala as their Early Childhood Program Assistant. Adrianna comes to KANA from Kodiak Head Start where she worked as a substitute teacher's aide.

Rebecca BJORKE is the Infant Learning Program's Occupational Therapist. She provides in-home OT services by helping children with delays in fine motor, behaviors and routines.

Arwen and Becca travel to each of the villages twice a year to provide services for infants and their families.

In the villages they can support at in-home, in-clinic, and provide video conference visits.

As a child is turning three, ILP works with the family to support their needs after their third birthday. Choices can be

a local preschool, KIBSD developmental preschool, or another option. ■

If a family has concerns about their newborn, they should contact the ILP team at 907.486.9800, or seek a referral through their Provider.





“The images are stunning. They are combined with Elders’ knowledge, traditional stories, and historical information to create a rich, meaningful presentation. Our team learned a lot while putting the publication together. I know readers will, too.”

—April Laktonen Counciller

New Book on Alutiiq Graphic Arts and Design

Igaruacirpet—Our Way of Making Designs is the latest publication by the Alutiiq Museum, showcasing Kodiak’s Native cultural arts. This 208-page paperback explores the designs found in incised stones, wood paintings, and body art.

The book establishes a cultural context for Alutiiq designs, helping readers appreciate the functions and symbolism of traditional imagery. *Igaruacirpet* features over 300 illustrations and photographs, including many previously unpublished objects.

“This book pulls together a great deal of information that has not been easy to access,” said April Laktonen Counciller, the museum’s Executive Director. “We wanted to share Alutiiq designs in ways that examine their meaning. Our ancestors’ objects are beautiful in their own right, but when you understand why an artist selected blue paint, or why

circles are so common in our artwork, designs come to life.”

Many people contributed to the publication. April, along with her museum colleagues Amy Steffian and Patrick Saltonstall, researched and wrote the text. Their chapters are supplemented with short essays by contemporary artists, including Lena Amason-Berns, Sven Haakanson Jr., Jacquie Madsen, Susan Malutin, and Gloria Selby who share their inspirations and the creative process. Alutiiq scholar and designer Alisha Drabek contributed a chapter on symbolism. Elder Alutiiq speakers selected vocabulary for a glossary.

Hanna Sholl provided drawings of traditional clothing, Sven Haakanson Jr. shared images of petroglyphs from his studies at Cape Alitak, and Pam Foreman and Mike Haffeman helped with photography.



Funding for *Igaruacirpet* came from the Munartet Project, a partnership between the Museum, Kodiak Arts Council, Kodiak College, and Kodiak Island Borough School District to promote the teaching of the arts and culture. Copies will be distributed to teachers and schools as a classroom resource.

The museum has also built a traveling education box around the volume, with graphic art activities and lesson plans.

Although the publication is a resource for Kodiak schools, April believes it will have broad appeal.

“I think our artists will be delighted to discover new images and information,” she said. “I can’t tell you how many requests we get for information on petroglyphs or tattoos. Each of these topics is carefully covered in the book.”

Igaruacirpet is available at the Alutiiq Museum and alutiiqmuseum.org for \$25.

ABOVE + BELOW: Cover, pages, and excerpt from the new book, *Igaruacirpet*.



FIGURE 5.14. Caribou calf-skin parka, woman’s garment from the Alaska Peninsula, ca. 1846, 123 cm long, Ethelén Collection, National Museum of Finland, VK 135. Illustration by Hanna Sholl, AM823:13, from Varjola 1990:231.

Learn a New Way to Talk (and Listen)

by Chelsea Schleifer, Case Manager, PLL



Chelsea Schleifer
Case Manager, PLL

When we become parents, no one hands us a “How To...” manual for raising our child. Instead, we do the best with what we’ve got. Maybe we use the same techniques our parents did, or we copy our friends. If you’re looking for fresh parenting ideas to add to your tool belt, here are some great tips from *How To Talk So Kids Will Listen and Listen So Kids Will Talk* by Adele Faber & Elaine Mazlish.

Kids have big emotions. They get mad when we don’t let them touch the wood stove or handle a sharp knife. They cry when they don’t get their way and they get frustrated when you won’t buy them that toy *right now*. With good intentions, parents often deny or dismiss the feelings of children because we know that in the big picture, it isn’t a big deal.

Here’s the problem: *kids can’t behave right when they don’t feel right*. Think of the last time you experienced a major stressor in your life: how clearly were you able to think about daily tasks when you were overwhelmed with anger, grief, or frustration? If it is difficult for adults to function in the face of a big emotion, it’s ten times harder for a little one!

You May Be Doing it Wrong

Here are some ways that parents try to help kids get rid of negative feelings, but really make it worse in the process:

Denying feelings: *Stop whining. School isn’t that bad. You’ll be fine. Get over it.*

Advice: *You just need to try harder and practice more.*

Philosophy: *Life just isn’t fair. It is the way it is. A bad attitude won’t solve anything.*

Comparisons: *Look at Bobby—he’s doing everything he’s told. Why can’t you?*

These responses tell a child that their feeling is wrong or unimportant. Over time, a child whose feelings are dismissed will become resentful and will have a difficult time respecting the feelings of others.

Paradoxically, when we respect and accept feelings, kids often get through the emotion faster than if we deny them. So how do we do that?

Try These Skills to Help With Feelings

Listen with full attention. Sometimes all a child needs is for someone to listen quietly, without the adult focused on TV or their phone.

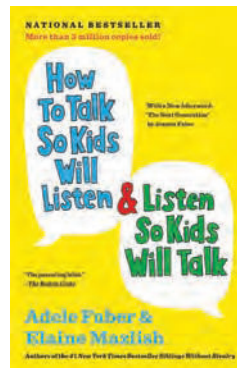
Acknowledge feelings with a word like “Oh... Mmm... I see.” A simple word, coupled with a caring attitude, invites a child to explore his own thoughts and possibly come up with his own solution.

Give them their wishes in fantasy. Instead of logically explaining what a child can’t have, which will only upset them more, you can acknowledge their desires with a wish (see *Wishing for Unicorns* sidebar).

Some notes on these skills:

It’s vital that your tone and attitude are sincere. Kids have a built-in radar for insincerity and will know if you aren’t truly respectful of their feelings.

Your emotion may need to match your child’s emotion: if you are very cool-headed and they are very mad, they will sense your desire to calm them down and might get even angrier!



Now available at the
Kodiak Public Library.

Don’t overreact. This forces your child to deal with *your* emotions in addition to theirs.

You might be thinking, “I understand the feeling, but I don’t like how my kid is dealing with it. Does she just get away with it?” All feelings can be accepted, and some actions must be limited. It’s up to us as adults to model how to deal with feelings in a healthy way.

How to Talk So Kids Will Listen is available at the Kodiak Public Library. If you feel your family needs more than a great parenting book, KANA’s **Parenting with Love & Limits (PLL)** program works with families of children ages 10–17 who have a chronic behavioral concern. Our goal is to reduce stress and give parents effective tools to eliminate problem behavior and increase nurturance in the family. There is no out-of-pocket cost for the program and all Kodiak families are eligible. ■

To learn more about the PLL program, call Chelsea at 907.486.9811 or email pll@kodiakhealthcare.org.



Wishing for Unicorns

Typically, when a child can’t have what they want, adding adult logic makes matters worse. Instead, use a little imagination to show that *you can relate to their frustration* while making the reality a little more bearable.

Here’s an example: I’m walking a trail in Bells Flats with a friend and her 3-year-old daughter.

Child: (whiny voice) *I’m tiiiiired.*

Her mom: *I’m sorry, sweetie. We have to walk about 20 minutes to get back to the car.*

Child: *But I’m tiiiiired. I don’t wanna walk anymore!!*

Her mom: *I can’t carry you. You’ll just have to walk.*

Child: *But I don’t waaaaannaaaa!*

Me: (having just read *How to Talk so Kids Will Listen...*) *Hey! Do you know what I wish?*

Child: (blank stare)

Me: *I wish... that we had a space ship! And that we could FLY back to the car and we wouldn’t have to walk! Wouldn’t that be cool??*

Child: (uncertain)

Me: *No, no, wait...I wish.....I wish we had a UNICORN!! And we could ride back to the car!*

Child: (warming up to the idea, nods head and smiles)

Me: *It would be a pink unicorn.*

Child: (shakes head no) *Rainbow unicorn.*

Me: *With sparkles??*

Child: *Mhmm. Guess what? My mommy’s getting me a unicorn sweater for Christmas and it’s rainbow and...*

There was no more whining all the way back to the car simply because her wish was acknowledged.

Upcoming Specialty Clinics and Village Visits

Specialty Clinics are available for Native Beneficiaries and Veterans by priority referral.
 Clinic dates may change with short notice. Visit kodiakhealthcare.org for current calendar.
 Call 907.486.9870 or 1.888.258.9870 with any questions.

MARCH

March 19	Behavioral Health	<i>Ouzinkie</i>
March 19–20	Ears/Nose/Throat	<i>Kodiak</i>
March 19–20	Dental	<i>Larsen Bay</i>
March 19–21	Audiology	<i>Kodiak</i>
March 19–23	Optometry	<i>Port Lions</i>
March 19–23	Optometry	<i>Old Harbor</i>
March 20	Behavioral Health	<i>Old Harbor</i>
March 21–22	Behavioral Health	<i>Larsen Bay</i>
March 22–23	Dental	<i>Port Lions</i>
March 27	Medical	<i>Old Harbor</i>
March 27–28	Dental	<i>Old Harbor</i>
March 29–30	Medical	<i>Akhiok</i>

APRIL

April 2	Behavioral Health	<i>Ouzinkie</i>
April 3–4	Behavioral Health	<i>Larsen Bay</i>
April 4	Medical	<i>Karluk</i>
April 4–6	Dental	<i>Karluk</i>
April 5	Medical	<i>Ouzinkie</i>
April 9–10	Dental	<i>Larsen Bay</i>
April 9–10	Medical	<i>Larsen Bay</i>
April 9–12	Diabetic	<i>Kodiak</i>
April 10	Medical	<i>Akhiok</i>
April 10	Medical	<i>Old Harbor</i>
April 12	Medical	<i>Old Harbor</i>
April 16–17	Dental	<i>Ouzinkie</i>
April 16–20	Optometry	<i>Kodiak</i>
April 17	Behavioral Health	<i>Old Harbor</i>
April 18–19	Behavioral Health	<i>Akhiok</i>

April 23–24	Dental	<i>Port Lions</i>
April 25–26	Pediatrics	<i>Kodiak</i>
April 25–26	Medical	<i>Port Lions</i>
April 25–27	Dental	<i>Akhiok</i>
April 30	Behavioral Health	<i>Port Lions</i>
April 30–May 1	Dental	<i>Old Harbor</i>
April 30–May 2	Dental	<i>Akhiok</i>

MAY

May 1	Medical	<i>Old Harbor</i>
May 7–8 <i>Tentative</i>	Medical	<i>Ouzinkie</i>
May 8–9	Behavioral Health	<i>Larsen Bay</i>
May 8–10	Ophthalmology	<i>Kodiak</i>
May 10–11	Dental	<i>Ouzinkie</i>
May 11	Hepatology	<i>Kodiak</i>
May 14–15	Dental	<i>Larsen Bay</i>
May 16–17	Medical	<i>Akhiok</i>
May 16+18	Cardiology	<i>Kodiak</i>
May 17	Cardiology	<i>Ouzinkie</i>
May 17–18	Dental	<i>Port Lions</i>
May 21	Behavioral Health	<i>Port Lions</i>
May 21–22	Dental	<i>Old Harbor</i>
May 22–23	Medical	<i>Port Lions</i>
May 23	Medical	<i>Karluk</i>
May 23–24	Behavioral Health	<i>Akhiok</i>
May 24–25	Medical	<i>Larsen Bay</i>
May 29	Behavioral Health	<i>Old Harbor</i>
May 29–30	Behavioral Health	<i>Akhiok</i>
May 30–31	Arthritis	<i>Kodiak</i>

“One of the most important things we need to learn is how to introduce ourselves. We are always introducing ourselves—in all ways.” —Gene Tagaban

Gene Tagaban to Visit Kodiak

Alaskan storyteller leading two workshops in May

Gene Tagaban is an influential storyteller, trainer, speaker, mentor, and performer. With roots in southeast Alaska, Gene is of Cherokee, Tlingit, and Filipino heritage. He can be seen in the films “Shadow of the Salmon” and Sherman Alexie’s “The Business of Fancycancing” and has been a featured speaker at national and international storytelling events.

Gene’s foremost passion is teaching. Using his gifts of storytelling, dance, and music, he travels across the country presenting and facilitating workshops on empowerment, leadership, communication, spirit and honor. He is known for his powerful-yet-playful manner of engaging participants.

Believing that learning and laughter go hand-in-hand, he educates and entertains through a skillful blend of knowledge, humor, stories, and discussion. His very “real” and genuine approach often turns even the most reluctant attendee into an eager participant. He’s not afraid to get personal. By openly sharing his traditions, culture, and experiences, Gene helps audiences identify and laugh at their own faults while simultaneously sparking in them a desire to improve.

KANA will bring Gene to Kodiak this May to engage with our community. He’ll share rich stories from his life and support students in sharing their own story of who they are in an authentic and powerful way.

COMPASS Training

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

Wed–Fri, May 9–11, 9:00am–4:00pm.

Are you a mentor who works with youth in our communities? Gene Tagaban will lead this three-day workshop to gain tools and training on how to provide a safe place for youth to explore how they can grow and become healthy adults.

Storytelling Workshop

A community event with Gene Tagaban.

Saturday, May 12 at the Best Western’s Katurwik Room.

Session 1

9:00am–Noon: Storytelling session.

Gene believes that learning and laughter go hand-in-hand. This morning session includes an educational and entertaining storytelling presentation for all ages.

Session 2

1:00pm–3:00pm: Sharing Your Story.

By openly sharing his culture and experiences, participants will explore identity through interactive storytelling focused on developing their introduction.

Both workshops are free and open to all ages. Space is limited. Register with Matthew Kozak at 907.486.9800 or matthew.kozak@kodiakhealthcare.org.



Gene Tagaban leads a storytelling workshop on Near Island in 2016.

In the Home Stretch

If you're one of the many people whose busy schedules limits your time at the gym, you most likely don't make time for stretching. While we recommend dedicated stretching routines or yoga sessions, you can also squeeze in a few poses at your home or office. (Convince your family or co-workers to join you!)

While most stretches only consist of a single pose or minimal movements, there is still risk of injury. Stretching incorrectly can actually do more harm than good! You should feel tension while you're stretching, but not pain. If it hurts, you may be pushing yourself too far. Ease up until you're comfortable, then hold the stretch.

Try holding each stretch for 30 seconds. Focus on normal breathing. Try not to "bounce" as you hold your pose; bouncing constricts the muscle while stretching and could lead to injury.

Stretching is beneficial to people of every age! Gentle stretching can improve your circulation and a steady blood flow helps reduce muscle tension and soreness. Try to fit in 10 minutes of dedicated stretching every day, or do a longer yoga session 2-3 times a week.

Our Wellness Center Specialists can help you with your technique and give custom tips for your special needs. Check out the class schedule for stretching classes, too!

If you are beginning a new workout program, please talk with your health care Provider or a Wellness Center specialist.

Deep Knee Lunge

Assemble a lunge position. Lower your back knee down to the floor and untuck your toes. Keeping your front knee above your ankle, exhale and allow your hips to sink down towards the floor. Hold for about 30 seconds then switch legs.



Assisted Shoulder Stretch

Stand with your feet shoulder-width apart. **1.** Using a strap, rope, or belt, separate your hands slightly wider than shoulder width. **2.** Slowly raise your arms towards the sky. Hold for 5 seconds. **3.** If you are ready for a deeper stretch, carefully lower your arms behind your head. (*Do not force it.* You may not be ready for the full range of motion. Instead, lift and lower to a comfortable level).

Repeat the exercise back to the frontal plane. Try doing 10 repetitions in a row.

Yoga Basics CAT + COW

This movement focuses on the spine and breath. Begin with your knees below your hips, your wrists below your shoulders, and your back flat as a table.



Cow Pose

Starting with a neutral spine, hands below shoulders, and knees below hip bones, inhale, slowly expanding your belly towards the floor. Looking forward, focus on raising your breast and tail bones towards the sky and squeezing your shoulder blades towards your spine.



Cat Pose

As you exhale, round your spine and tuck your chin towards your chest. Imagine your belly button pulling toward your spine and shoulder blades pulling away from your spine. Tuck your tail bone down, your chin to your chest, and legs perpendicular to the floor. Once all your oxygen is exhaled, return to Cow Pose on your next inhale.

Tonia Valerio is a lifelong Kodiak resident and KANA's Accounts Payable superstar. She was also a smoker for over a decade until she decided it was time for a change in 2000. We got the scoop on how she quit tobacco for good!

The Day Tonia Quit

We asked our Accounts Payable Technician Tonia Valerio, who is a former smoker, how she kicked the habit. Tonia knew she needed to quit when she couldn't make it up the stairs each day without losing her breath. "I also realized how much time I was missing out with my family just to smoke cigarettes in the garage every evening," she tells us.

After multiple attempts to quit smoking, she decided to give herself some rules and has been smoke-free ever since. First, she set a quit date that she would be able to remember: July 4th. Having a quit date is helpful to mentally prepare for the transition, and for acknowledging milestones beyond that date (one week, one month, one year).

Nicotine patches eased the transition while she focused on behavioral changes. Tonia kept herself busy with new activities, particularly in the first weeks when her hands felt empty without a cigarette. "I distracted my fingers with pretzel sticks and straws. Idly playing with straws and pens satisfied that need to hold a cigarette." She also changed her routine after meals. Instead of an after-dinner smoke, Tonia would go for a walk with her family, or distract herself with a game.

Tonia has been smoke-free for 18 years now. It took planning, dedication, and support from her friends, family, and co-workers to finally quit, but mostly it was because Tonia wanted a better, healthier lifestyle for herself and for her family. ■

If you'd like to talk with someone at KANA about quitting smoking, send an email to prevention@kodiakhealthcare.org. You can also call Alaska's Tobacco Quit Line anytime at 1-800-QUIT-NOW.



"I realized how much time I was missing out with my family just so I could smoke cigarettes outside or in the garage every evening."

TONIA'S TRICKS FOR KICKING THE HABIT

1. Prepare to Quit

Know your options for quitting. Research methods and risks and decide what makes sense for you. Talk to your doctor about getting help to quit.



2. Set a Quit Date

Tell your family, friends, and co-workers that you plan to quit. Anticipate the challenges you will face. Use a physical calendar to check off smoke-free days.



3. Clean House

Remove tobacco products from your home, car, and workplace. Don't hide "emergency packs" or a "just-in-case cigarette".



4. Discover You

Keep busy and find new things. Find smoke-free places to go, hang out with your non-smoking friends, and give your hands new activities.



5. Avoid Temptation

Change your routine. Avoid situations and places that may trigger a desire to smoke. Get active and focus on your new healthy lifestyle!



6. Treat Yourself

Use your calendar to mark reward days. Find small ways to celebrate with a friend. You'll face challenges that only you will know you've overcome.

COMMENTS + SUGGESTIONS

We want to hear from you!

We welcome the opportunity to better serve the needs of our Beneficiaries.

If you would like a response, please include your name and how you'd like us to contact you.

Quyanaa!

Clip out and drop off this comment card at any KANA reception desk, or mail it to us:

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

You may also email comments and suggestions to
info@kodiakhealthcare.org

UPCOMING KODIAK SPECIALTY CLINICS*

See page 16 for village clinics.

EAR/NOSE/THROAT

MARCH 19–20

AUDIOLOGY

MARCH 19–21

DIABETIC

APRIL 9–12

OPTOMETRY

APRIL 16–20

PEDIATRICS

APRIL 25–26

OPHTHALMOLOGY

MAY 8–10

HEPATOLOGY

MAY 11

CARDIOLOGY

MAY 16+18

ARTHRITIS

MAY 30–31

*Dates are subject to change with short notice.
Find current information on our Facebook page
or at kodiakhealthcare.org/events.

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

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