



KODIAK AREA NATIVE ASSOCIATION

Kodiak Native Wellness News

Qik’rtarmiut Asiitmen



Promoting Wellness and Knowledge for Kodiak’s Native People

JULY / AUGUST 2017

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Participants of Alutiiq Summer Dance Camp in Ouzinkie.

A Great Summer for Kodiak Kids!

Cultural revitalization, outdoor survival skills, and team activities for community youth.

PRESIDENT'S LETTER



Greetings!

As the new administration in Washington D.C. continues to unfold, new opportunities and challenges emerge on a daily basis. However, KANA is committed to working towards its envisioned future that the best quality care is available to all people on Kodiak Island. Maintaining quality care and services is a top priority for our Board and staff and we continue to work diligently to respond to the needs of our community.

Last month, the Health Resources & Services Administration (HRSA) conducted an operational site visit, an objective assessment and verification of KANA's compliance with the Bureau of Primary Health Care's (BPHC) program requirements. HRSA is an agency of the U.S. Department of Health and Human Services and is the primary Federal agency for improving health care to people who are geographically isolated and economically or medically vulnerable. Tens of millions of Americans receive quality, affordable health care and other services through HRSA's 90+ programs and more than 3,000 grantees. Since KANA is one of those grantees, we are required to comply with the terms and conditions within our Notice of Award, as well as reference federal policies and regulations through HRSA. I am proud to report that KANA's staff and facilities exceed national averages.

We have also been developing new opportunities for our youth to stay active during the summer months. KANA's Prevention Department is hosting youth events every Tuesday and Thursday to promote positive choices and active lifestyles. Our Infant Learning Program has activities in the park for toddlers and Ouzinkie is once again hosting an Alutiiq Summer Challenge. We look forward to continuing our efforts to provide additional opportunities that focus on our youth.

As a Beneficiary, you and your feedback are vital for KANA's improvement and overall success. Over the coming months, we'll be expanding our effort to provide you with new patient communications, as well as diversifying the ways in which you can share your comments and input with us. Please take the time to provide us with your feedback as it is an important element to KANA's continued enhancement of services.

As we look forward to new challenges and opportunities, we will continue to work to meet the needs of current and future generations. Thank you for your continued support.

Respectfully,

Andy Teuber
President and CEO

FIGHTING CANCER TOGETHER

Ten Years of Relay for Life in Kodiak

2017 marks the 10th year of Relay for Life Kodiak. KANA has been a proud participant in this annual fund-raiser to help find a cure for cancer.

On July 29th, survivors, caregivers, participants and volunteers will join together at Woody Way Field to walk, remember, support and raise money for Relay for Life Kodiak. A signature Fundraiser for the American Cancer Society, the 24-hour walk is a way to acknowledge the continuous fight cancer patients endure each day. KANA will join 16 other teams from the Kodiak community in supporting cancer research, patient care programs, and education.

KANA's *Angayukut'sqat*—Alutiiq for "KANA's Team"—is headed up by Steve O'Brien, KANA's Wellness Center Supervisor. As a way to make a difference and a cancer survivor himself, O'Brien has been involved with Relay since 2013. "This is not a big task, this is something to give back to every person touched by cancer, and it's not that hard to do."

Taking on the responsibility of a team can be a daunting task and there have



Young participants of Kodiak's 2016 Relay for Life.

been years when participation has been low. Fortunately for O'Brien, volunteers have been plentiful. "I'm really excited about the number of people who have come forward to participate," says O'Brien. "This year, more people are involved than in the past. It really helps to develop the program." As of June 9, twenty-seven individuals had already signed up to donate or participate as part of KANA's 2017 team.

Team members work together to raise money prior to Relay day and to decorate and work fundraising booths that line the track during the event. Each year, a different theme is chosen by the Relay for Life Kodiak committee. This year's theme is *A Decade Fighting Cancer Together*. Jerry Clark, Relay for Life Kodiak Chairman says, "I felt the theme was fitting. This is the 10th year that the Kodiak community has gathered together in the fight against cancer."

Each team has been asked to choose a past Kodiak Relay site to reflect or to

decorate in a decade theme. The Kodiak Relay has been held at four sites over the 10 year history; the first was held indoors at the high school. In 2008, it was moved outside to Baranof Park, and later to Woody Way Field when Baranof underwent the artificial turf improvements. "The Kodiak community has proven its resilience and adapted to these changes very well," said Clark.

Money raised during Relay for Life Kodiak helps fund more than cancer research: it helps the American Cancer Society provide free day-to-day help and support to patients and caregivers. Programs and resources include 24-hour help lines, support groups, transportation, lodging, medical equipment, wigs, and prostheses.

Clark continues: "Relay for Life Kodiak has grown over the past decade, raising the community's awareness of services available to them or their loved ones in the event they hear the words 'you have cancer.' That is when people need

Relay the most—a place to support each other, cry together, and know that you aren't alone in the fight against cancer."

Support is the underlying goal of Relay, and Clark emphasizes that there are many ways to help support the Relay for Life. Individuals can join a team, start their own, or assist in event setup and take-down. If you can't volunteer, monetary donations can be made online or in person to any Relayer or committee member. Individuals can support local fundraising efforts held throughout the community.

You can also purchase a Luminaria, white bags you can decorate for a special midnight ceremony. "It's a shining light dedicated to a friend or family member," says O'Brien. "At night, they turn off all the lights around Woody Way Field and hold this ceremony to remember everyone touched by cancer. It's impressive when the entire track is lined with lights. Then they read all the names off. It's really cool."

Within fifty days before the relay, KANA's team exceeded their goal of raising \$1,000. O'Brien admits that fundraising hasn't been easy. "When I first took over, I didn't recognize it was a fund-raiser. People have a hard time asking for money, but I'm trying to help improve upon that. People out in the community may want to get involved or donate to a good cause and don't know who to ask. You could be opening a doorway for them."

Relay for Life Kodiak will kick off July 29th at noon with Opening Ceremonies and the Survivors Lap to celebrate and support fighters from all stages of diagnosis. "Bring a tissue," encourages O'Brien. "The stories, the people, the community coming together to support them—it will be emotional." ■

You can make a difference, too. Join KANA'm Angayukut'sqat! Call Steve O'Brien at 907.486-1377 or email him at Steve.O'Brien@kodiakhealthcare.org.

Summertime Activities

Community youth have many activities for art, culture, and adventure.



The Explore the Rock gang



Kids participate in a team-building activity on Buskin Beach.

It's halfway through the summer and KANA's Explore the Rock and Tuesday Activity Days continue to be met with great enthusiasm. Kodiak youth have embraced the sun, rain, wind, and fog. They've hiked trails and mountains, and learned about bear safety and CPR. When asked what they loved most about these outdoor team activities, the answer was unanimous: they love the physical activities, teamwork and budding friendships.

While kids are learning skills and exploring, they are also able to open up about themselves, share their experiences, and relate to one another. By fostering kids with a healthy and supportive network of peers and mentors, our staff and community mentors promote healthy habits, teamwork, cooperation, patience, good sportsmanship, and respect.

Ouzinkie Summer Challenge participants have expressed the same enthusiasm, most recently holding an Alutiiq Summer Dance Camp. Participants were able to attend a week-long class taught by Samantha Heglin and Peter Squartsoff. The duo actively engaged with youth as they shared stories about the history of each song they taught. Youth who may have otherwise remained unengaged

“We play games and have a good time, but we also teach kids about teamwork and communication, not to mention allowing them to socialize and make new friends in a safe, positive environment.”

— Matthew Kozak

were able to blossom through the self-expression of dance. Members of the group performed at a potluck where community members joined in. The purpose of the Alutiiq Summer Challenge is to encourage youth to serve Elders and the Elders to teach youth. It is also an opportunity to encourage kids to be active during the summer months.

Supportive relationships and engaging activities foster an environment that builds resiliency and ultimately reduces the risk of youth engaging in harmful behaviors and activities, like drug and alcohol abuse, or bullying. ■

OPPOSITE PAGE PHOTOS

TOP: Kodiak dancer Samantha Heglin leads the Ouzinkie Alutiiq Dancers at a dance workshop during Ouzinkie Summer Challenge.

BOTTOM, LEFT TO RIGHT: Jazmin Peterson shows off her carved mask at Ouzinkie Summer Challenge. Robbie Boskofsky explores incised pebble designs in Ouzinkie. Kids participating in Tuesday Activities in Kodiak's Baranof Park.



EMPLOYEE SPOTLIGHT:

Syrena Poulos

Finance Accounting Technician



Syrena Poulos, a member of the Sun'aq Tribe of Kodiak, loves hiking and camping, the beach and bonfires. Originally from Kodiak, she moved to Oregon after high school to go to college and explore what the Lower 48 had to offer. She returned to the island two years ago and in 2016 she came to KANA to work as Front Desk Receptionist.

Syrena was recently promoted to the position of Finance Accounting Technician at KANA. "I am so proud of Syrena and what she has accomplished in just a short amount of time," states Jennifer Sayers, Executive Office Manager and Syrena's former supervisor. "I am confident that she will continue to add value to the organization as she continues to develop professionally. We are proud to feature Syrena as this month's Employee Spotlight."

Where did you grow up?

I was born and raised in Kodiak. After high school I moved to Oregon.

What's your favorite thing about Kodiak?

I like that it's a small town, being close to my family. I especially like the outdoors, fresh air and being close to the ocean.

What do you enjoy most at KANA?

I like being able to learn about all the different programs KANA has to offer and what they can do for the patients. I like the people we serve and my co-workers are awesome.

Why did you apply for the Accounting Technician position?

I am going to school through the University of Alaska for Accounting and Business Management. I wanted to challenge myself and apply what I've learned.

What do you like doing in your free time?

Anything that has to do with sports or the outdoors.

What does "To Elevate the Quality of Life of the People We Serve" mean to you?

It means treating people well, regardless of the kind of day you are having, make sure they are happy—patient or co-worker. If I see someone in the hall, I smile and say 'Hi'. If they need help, you help, even if it's getting them a cup of coffee. It's making sure you provide the best service and positivity you can wherever you work within KANA.

Where do you see yourself in 5 years?

Hopefully still enjoying life and traveled around traveling the world. I'd like to see Greece, Australia, Ireland, Egypt, and anywhere in South America.

The ARENA Project

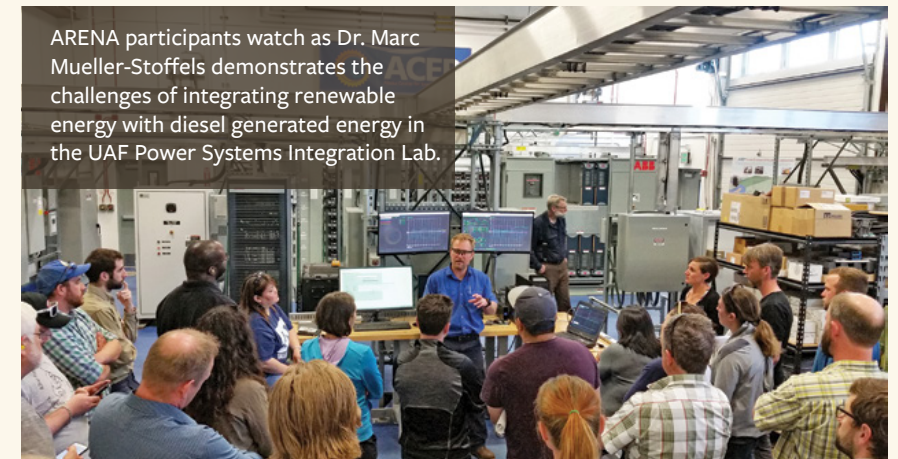
Arctic Remote Energy Network Academy

KANA's Economic Development Project Manager Tyler Kornelis was selected to participate in ARENA. The ARENA project brings together a group of participants for three on-site, week-long workshops to visit projects and learn from current technology, community, and project development leaders. This inaugural class of 20 participants comes from Greenland, Canada, Iceland, Russia, and Alaska. The program combines classroom and laboratory demonstrations with visits to communities and sites operating on renewable energy resources.



Solar arrays located in Colville Lake, Northwest Territories, Canada can meet the energy needs of the 160-person Arctic Circle village, allowing diesel generators to be shut off for a good portion of a sunny day.

"Participation in the ARENA program provides me with great exposure to the variety of technologies available to help reduce dependence on diesel fuels to power our micro-grid communities in the Kodiak Region," Kornelis says. "My network of renewable industry professionals and experts has grown immensely by participating in ARENA. Integrating renewable energy generation with traditional diesel systems is a challenging proposition, but I think we have great opportunities ahead." ■



ARENA participants watch as Dr. Marc Mueller-Stoffels demonstrates the challenges of integrating renewable energy with diesel generated energy in the UAF Power Systems Integration Lab.

Parenting with Love and Limits

This is not your typical parenting class!

All families have stress, but if you and your child spend more than half of your communication arguing, you are probably experiencing unhealthy levels of stress. KANA's Parenting with Love and Limits (PLL) program is designed for caregivers whose children (ages 10-17) are struggling with chronic behavioral or emotional problems.

In 2012, KANA was awarded a license to open a PLL Center of Excellence. Since then, PLL has served 64 families, which translates to approximately 175 individuals. This year, we have served twenty families, exceeding the clinical minimum goal of eighteen.

PLL is not your average parenting class: we work with families through group and individual therapy to target not just a child's behavior, but the underlying causes of it.

We teach skills to avoid caustic communication. Each family creates a contract so that expectations, rewards, and consequences are clear—with a strong dose of playfulness and fun built in. Rules, without a relationship, lead to rebellion. But children thrive when their caregivers' healthy limits are backed by love.

PLL gives parents concrete tools to deal with their child's disrespect, sibling fighting, failing grades, arguments about chores, truancy, drug/alcohol use, leaving home without permission, depression, or self-harm. Our goal is to improve the quality of life of the families we serve by reducing stress in the home through restoring nurturance and establishing healthy limits.

If you are tired of battling with your child or are worried about your child's choices, there is hope. Typically, families participate in two sessions a week for about two months. This allows us to help families overhaul unhealthy habits in a brief amount of time.

The families we serve have become stronger, armed with tools to communicate more effectively. One of our recent graduates noted: "My kids are coming home earlier than their curfew time, everyone's on the same page, and we look forward to spending time together. At first, my daughter thought the contract was stupid and now she's glad we have it." ■

Call KANA's Parenting with Love & Limits team at 907.486.9811 to get started on the path to a happier, healthier family.



AUGUST 18-20

Women's Wellness Retreat 2017

"To Dance with Our Grandmothers"

A place for women to come together to celebrate their healing journeys, challenges, and triumphs.

\$50 fee / Scholarships available
No fee for ages 55+

INFORMATION AND REGISTRATION

Cassie Keplinger, 907.486.9882



WABA | WORLD BREASTFEEDING WEEK



Celebrate with an afternoon of snacks, games and prizes with other moms, babies, and moms-to-be at the Mill Bay Health Center.

Friday, July 28 • 1-3pm

A woman is shown in profile, wearing a traditional, highly decorative hat made of dark material with numerous colorful beads and feathers hanging from it. She has a red line painted on her cheek and is smiling slightly.

MAKE THEM! PILILUKI

On Exhibit Now!

Join us for the opening of our latest interactive exhibit, *Pililuki - Make Them*. Create a hunting hat, etch an incised pebble, and more!

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

Alutiq MUSEUM
ARCHAEOLOGICAL REPOSITORY

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!

ALUTIIQ LANGUAGE LINKS

alutiiqlanguage.org

alutiiqmuseum.org

alutiiqmuseum.mukurtu.net

.....
Guangkuta litnaurlita Alutiit'stun!

"We vary the topics, include information about Alutiiq life today, and add some humor. Where else can you read about Spam and Alutiiq traditions?!"

— April Laktonen Counciller
Alutiiq Museum Executive Director

A Way with Words



TOP: Nick Alokli and Sophie Katelnikof Shepherd reviewing lesson scripts, 2010.



BOTTOM: Florence Pestrikoff and Amy Steffian photographed by Christine Marasigan at KMXT Public Radio, 1998.

The Alutiiq Museum has a way with Alutiiq words. For the past twenty years, the museum has been sharing weekly lessons, broadcasting the Alutiiq language and cultural information across the Kodiak Archipelago with the help of Alutiiq Elders, KMXT Public Radio, and the Kodiak Daily Mirror. To date, the museum has delivered 532 unique Alutiiq Word of the Week lessons to thousands of people.

"In addition to those who listen to the lessons on the radio or read them in the paper, we send them out by email, post them to our website and social media sites, and share them through an iTunes podcast," said April Laktonen Counciller, the museum's Executive Director. "We easily reach several thousand people each week."

That's a big deal for a small museum working to reverse two centuries

of cultural suppression. "Alutiiq Word of the Week helps us promote understanding," Counciller said. "Each three-paragraph article returns a bit of Alutiiq culture to community awareness and breaks down stereotypes."

Counciller believes the program has lasted because the lessons are short, fun, and interesting. "We vary the topics, include information about Alutiiq life today, and add some humor. There is something for everyone. Where else can you read about Spam and Alutiiq traditions?!"

One of Counciller's personal favorite lessons is "*caugna'ista* / accupressurist"—a type of traditional healer—because it speaks to the rich knowledge of Alutiiq cultural experts. "Elders remember being treated for headaches, illnesses, and even heart conditions by the *caugna'ista*! I am so

proud to have this as part of my heritage, and I think many others are in awe of the things Alutiiq people have innovated."

The program has received attention beyond Kodiak, too. What started as a local radio spot and FAX broadcast now shares Alutiiq traditions across Alaska. The articles have been republished by organizations in neighboring Alutiiq territory, and the Alaska Native News reposts each weekly lesson.

"The goal of the program has always been to share the Alutiiq culture as broadly as possible," said Amy Steffian, the museum's Chief Curator. "When we started, there was little reliable, accessible information on Alutiiq heritage. We encouraged people to use the lessons—to post them on the fridge, email them to friends, add them to newsletters. Now with social media, it's much easier to share. It surprises



Nick Alokli records a lesson with language archivist Michael Bach in a sound booth at Kodiak College, 2015.

LEFT: The museum publishes a graphic for each Alutiiq word, typically with a related historical photograph or image of an archival object.



us where they end up. I recently saw one of our lessons on a Canadian website run by a First Nations group. Another lesson was quoted in a book on Kodiak’s crab fisheries.”

July 6, 2017 marked the popular program’s twentieth anniversary. Steffian said the coming year will include some favorites lessons like mushroom and maggots, as well as new lessons on fox farming, Mermaids, and *tugluq*—a traditional Alutiiq dish with no simple English name. ■

You can find the Alutiiq Word of the Week on the museum’s website and sign up for the podcast at alutiiqmuseum.org/learn/alutiiq-word-of-the-week. A searchable archive of all past lessons is available at alutiiqmuseum.org/learn/word-of-the-week-archive.

Our Elders have endured many hardships for speaking their language. As school children, most were cruelly punished for speaking Alutiiq. Now they are regaining their sense of empowerment and teaching us our language. Our Elders have dedicated many years to teaching, recording, and sharing the language in order to preserve and revitalize the language, making it accessible to anyone who wants to learn.

IN THE STUDIO WITH:

Jacqueline Madsen

How did you start out as an artist?

I've been making art since I was young—drawing, painting and carving driftwood. My mother provided encouragement and the materials, as did my older siblings and my teachers. Growing up in Kodiak, nature has always been an inspiration to me. Today, I still use a lot of found natural materials in my work—everything from beach glass to driftwood.

When did you begin wood-carving?

I started carving when I was 14 years old, whittling small animals and boats with a pocketknife to entertain my young twin nephews whom I often babysat. I became obsessed with masks, doodling them and later carving them from cottonwood bark and full-sized masks out of cedar driftwood that I picked up on the beach. I first carved my own designs, and later started carving miniatures inspired by

Yupik and Alutiiq masks from books and museum exhibits.

Your figurines are very distinctive. Would you tell us about them?

About five years ago, I felt the masks needed a body—a 'dancer' to fully capture the spirit of the masks. My dolls, which I call "Alutiiq Dancers" have sprung from my love of masks. Although I gave them detailed faces, I glued the masks on, so you can only peek at the faces beneath from the sides. The bodies of the dancers are often made using found driftwood and sticks, as well as other found materials.

The dolls seem to have stories to tell.

Many of my dolls and other works are inspired by folklore and old stories from all over the world. As I am working on a piece, a story often reveals itself to me. I may re-read a fairytale or do some research to get the details. Other times I will blend my experiences and heritage with a classic tale from another culture to make it mine, and to fit the doll.

What advice would you give to someone who wants to explore their cultural arts?

Go to the source! If you have access to museums, that is ideal. Or find other artists and craftsmen in your community—they are often happy to help. The Alutiiq Museum offers interested people the opportunity to

The studio of Jacqueline Madsen is filled with works in various stages of completion. Boxes and buckets contain drying wood and bark collected from beaches, while carved hands and faces and moons cover table surfaces. Painted wooden masks and miniature bodies hang from the walls.



Pulling a string raises this doll's wings.

spend time in the archives and get up close to collections. You can sketch, photograph and talk to the curator and staff about artifacts.

Start simple if you are learning a new craft or medium. Be patient. It takes a lifetime to master a skill!

Do you have any upcoming projects?

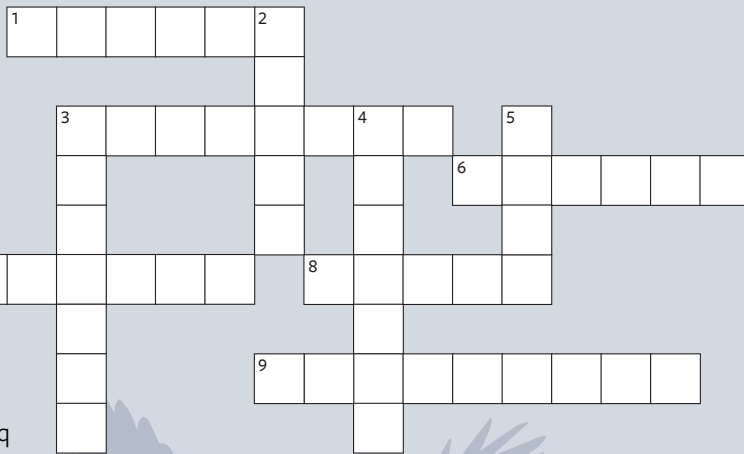
I am preparing to move to Santa Fe in the next month to attend graduate school, so my focus is primarily on packing and moving. I don't have any other big projects on the horizon. I am teaching a Paper Shadow Puppet class through the Sum'arts program in July, and hope to finish a wooden puppet theater that I will donate to the Kodiak Arts Council. ■

Find @JacquelineMadsenArt on Facebook to see more of Jacquie's work, or visit the Alutiiq Museum store in Kodiak.



Jacquie demonstrates how wooden body parts will move on this work-in-progress.

Saqullkaat Niugneret | Bird Words



Fill in the crossword puzzle by translating the names of birds listed below. Some are in Alutiiq and others are in English. Use the vocabulary list to the right for reference!

ACROSS

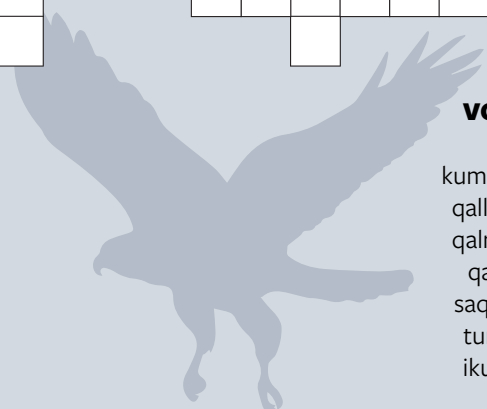
- 1 qallqayaq
- 3 raven
- 6 tunngaq
- 7 goose
- 8 owl
- 9 sparrow

DOWN

- 2 kum'agyak
- 3 seagull
- 4 cormorant
- 5 saqul'aaq

VOCABULARY

- isiik owl
- kum'agyak eagle
- qallqayaq magpie
- qalnga'aaq raven
- qatayaq seagull
- saqul'aaq duck
- tunngaq puffin
- ikuwitiq sparrow
- lagiq goose
- agasuuq cormorant



Supplemental Youth Employment Training Program

SYETP is a KANA-coordinated youth employment program for eligible Native youth, ages 14–24, providing on-the-job work experience with businesses, agencies, and tribes in the Kodiak region. Eligible youth qualify for up to 150 hours of on-the-job training every calendar year and are paid \$10/hour to participate.

Recent SYETP mentors include the Kodiak

Animal Shelter, Alaska Brake and Tire, Kodiak Sportman's Lodge, the Alutiiq Museum, Kodiak Island Housing Authority, Hope Community Resources, Grand Slam Toys and Books, 58 Degrees North, and KANA.

For SYETP information and applications, contact Tom Pogson, Youth Employment Coordinator, 907.486.1356 or email thomas.pogson@kodiakhealthcare.org.

READER SHOWCASE

Local artist Hanna Sholl drew this majestic eagle for you to color. When you're done, post it and tag us on Instagram or Facebook! See more of Hanna's nature art online at onlyinalaskaarts.com

Kum'agyak uqguwmi misngauq.
An eagle is perched in the tree.



Color me!

Want to share your original drawing, photograph, or poem with our readers? Send your creativity to info@kodiakhealthcare.org and you may be featured in a future newsletter or on social media!

Purchased and Referred Care

My provider suggested a service that is not available at KANA. Can I make an appointment with any local provider?

Q: **I went to see a chiropractor in town, but wasn’t referred. Is KANA going to pay?**

My child broke their arm. Am I financially responsible for the emergency room services?

A: Life isn’t predictable. Circumstances may arise where beneficiaries find themselves needing services not offered by KANA. It is your responsibility to understand your financial obligations for health services. Here’s what you need to know to ensure your costs are covered.

KANA Purchased and Referred Care (PRC) is NOT *insurance*, but rather a *service* that is federally funded by Indian Health Services (IHS), considered the payor of last resort.

Most preventative health care services are available at KANA or other tribal facilities, such as ANMC. “Excluded services,” or, services not otherwise medically necessary, are not covered by PRC, yet may be offered at KANA or ANMC. PRC funding is used only when KANA has no direct care capabilities and patients are seeking “approved services”—those considered medically necessary, or the condition of a patient is considered emergent. Beneficiaries receiving unauthorized care without a referral and are otherwise eligible for contract health care services will be financially obligated.

Staff will use fair and equal judgment when authorizing services, and will

utilize medical priority guidelines to ensure funds remain available for all eligible KANA Beneficiaries. Ineligible Beneficiaries will be referred to ANMC or will be financially obligated to pay for services received outside of KANA. Medical priority guidelines define care as emergent, acutely urgent, urgent and non-urgent.

The IHS requires all eligible Beneficiaries to be screened for *alternate resources*. Alternate resources include: Medicaid, Medicare, Tribal Sponsored Health Insurance Program (TSHIP), DenaliKid Care, and insurance you may have through your employer or have purchased privately.

Once screened, you will be required to make a “good faith” effort to apply for resources available to you; failure to do so will leave you financially obligated to pay for services received outside of KANA. Beneficiaries with alternate resources that have received authorized care qualify for PRC to pay the remaining balances for services received.

All emergency care received at a non-tribal facility must be reported to the Purchased and Referred Care office within 72 hours. Before PRC will authorize payment, emergent care will be reviewed based on: a Beneficiary’s eligibility, compliance with the

notification policy, a patient’s clinical information, and whether the visit was considered medically necessary. KANA PRC will not authorize payment in cases where a Beneficiary failed to follow KANA’s emergency care policy.

Beneficiaries wishing to remain in Kodiak for their health care needs will be considered *self-referred*. Self-referred patients with alternate resources receiving approved services under PRC guidelines qualify for KANA PRC to pay the remaining balance after insurance claims. Excluded services will not be covered. Patients who do not qualify for alternate resources and do not have private insurance will be financially obligated should they choose to receive services locally.

As a member of your own care team, it is your responsibility to ask questions about KANA’s healthcare policy and to follow up with PRC when seeking referred and non-referred care.

If you would like more information on KANA’s PRC policy, approved/excluded services, or about applying for alternate resources, contact KANA’s Purchased and Referred Care Specialist at 907.486.9828. ■

What is the criteria for an “Eligible Beneficiary”?

An Eligible Beneficiary:

- *has been a resident of Kodiak for 90 days or more*
- *has provided a Certificate of Indian Blood (CIB)*
- *is enrolled in a federally recognized tribe*
- *is a Pregnant mother of a child that is eligible for PRC*
- *is a child of an eligible IHS Beneficiary, including adopted, step-child, foster child, orphan, or legal ward, until age 19.*

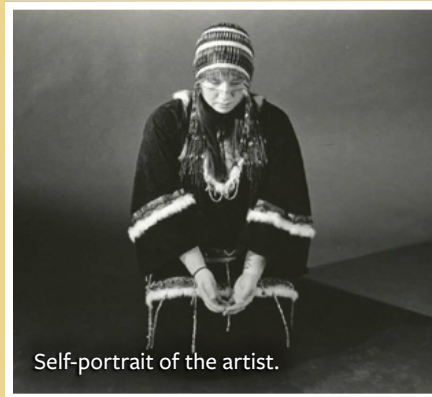
To find out if you meet KANA’s eligibility requirements, contact Stacey Wolkoff or Rosa Cruz at 907.486.9828

Work by Old Harbor artist added to museum collection

The Alutiiq Museum has added to its permanent collection a headdress by Old Harbor artist Kayla Christiansen.

Nacaq is an Alutiiq woman's headdress made from glass beads, metal charms, leather, and synthetic sinew. It is currently on display in Sitka with "Voices of Change: Perspectives on the Transfer of Alaska from Russia to the United States," an exhibit developed by the Sitka National Historic Park and the University of Alaska Museum of the North to commemorate the 150th anniversary of the Alaska Purchase.

Kayla's headdress represents Kodiak Island's history by showcasing beadings in Alutiiq, Russian, and American colors, including an American flag design. *Nacaq* will be shipped to the Alutiiq Museum in December, at the conclusion of the exhibit.



Self-portrait of the artist.

Kayla says it was important to her that the museum purchased *Nacaq* rather than a private collector. "I know that it will be appreciated," she told us. "I had a business that wanted to purchase it, but I knew that if it was there, no one would notice it or read my narrative on it. I wanted it to go somewhere that visitors and local people could admire it and also get a little piece of history from it."

The purchase comes from the Art Acquisition Fund, established by



Photo courtesy UAF Museum of the North and the Sitka National Historic Park

Nacaq, a beaded headdress by Alutiiq artist Kayla Christiansen, features colors representing Kodiak's Alutiiq, Russian, and American history.

Rasmuson Foundation to promote the development of contemporary art collections in Alaska museums. Twice a year, the fund invites proposals to purchase the work of living Alaskan artists, made within the past five years.

Artists who would like the Alutiiq Museum to consider purchasing their work will have another opportunity this year; a second round of applications will be accepted this summer, in preparation for an October filing deadline. ■

Alutiiq immersion preschool now enrolling for fall semester

The Sun'aq Tribe is accepting applications for the 2017–2018 Alutiit'stun Niuwawik program. Alutiit'stun Niuwawik is a culturally-relevant Alutiiq immersion language nest for preschool-aged children.

The program is a unique opportunity to begin language fluency at an early developmental age, while also preparing children for kindergarten. Similar immersion preschool environments have been shown to increase cognitive development, foster strong community and social ties, develop bi-literacy and bilingualism skills, and instill a deeper sense of heritage and identity.

The classroom will have two teachers present through the school year. Alutiiq-speaking Elders will be invited to

attend and support immersion. Cultural presenters will be invited to teach cultural skills, traditional games, and ways of being.

Students will learn at home, too. Family members will be required to attend community language learning activities to develop their fluency alongside the enrolled student. Requiring co-learning not only offers fluency development for families, but also displays to students that they are part of a language family and community.

Alutiit'stun Niuwawik begins September 9. Classes will be held each Tuesday, Wednesday, and Thursday. Class runs from 8:30am to 11:30am. Enrollment packets can be found online at www.sunaq.org or at Sun'aq Tribe of Kodiak. ■



Young students learn Alutiiq vocabulary from their teacher.

WELLNESS CENTER NEWS

Healthy Challenges

The KANA Wellness Center is halfway through 52 weeks of Healthy Challenges. Weekly challenges are posted in the workout area and a video is shared online. Your job is to get your friends to do the workout with you. Share our weekly video on Facebook and tag them!

Everyone who completes a challenge is entered in a drawing for prizes:

1. Complete the challenge.
2. Mention us @KANAWellnessCenter with #iKANAdoFIT2017, or record your results on the gym white-board.
3. We'll enter your name in our prize jar.

Every month, two names will be drawn and awarded with fitness prizes. At the end of the year, a grand prize will be drawn from those completing the most challenges. The more challenges you complete, the more chances you have to win!

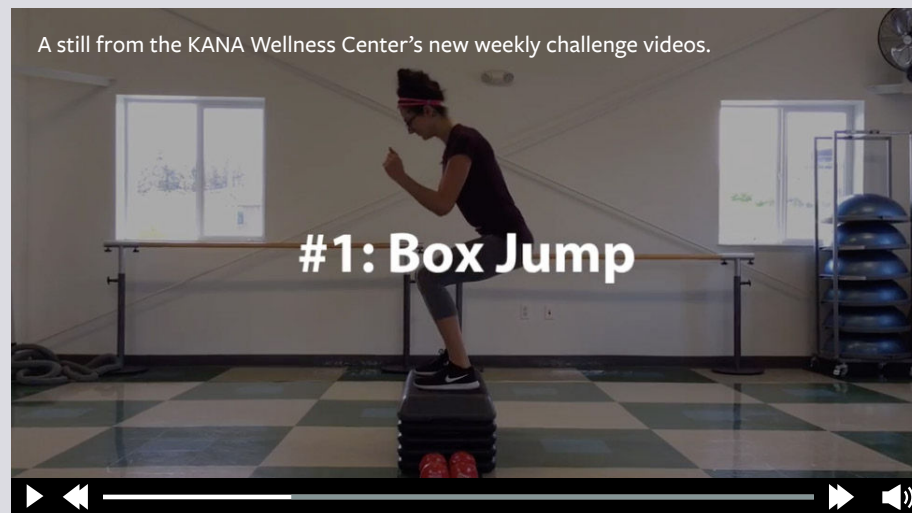
Physical Therapy Telemedicine

Thanks to our partners at ANTHC, the Wellness Center will begin offering limited physical therapy *telemedicine* appointments with Sandra Graham, PT, starting in August and by referral only.

Our goal is to help reduce the wait times between PT referral and evaluation by taking advantage of technology to connect you with a PT at ANTHC.

She will be working closely with our knowledgeable Wellness Center Exercise Specialists to provide you with an exercise program to get you moving well and back to your everyday life more quickly. We will continue to utilize local contracted Physical Therapy Services for patients who require intensive hands-on care or who prefer to use local resources. ■

If you have more questions about the program, please contact Siene Allen at 907.486.9827.



Torri

"This summer was the first summer racing motocross after a winter of working out and prepping for racing season. The fact that I was able to beat my dad was pretty awesome!"



Jerimiah

"I like going to the beaches. I tripped and fell into the water a couple summer's ago. The air was warm, the water not so much."

(Ask Me!)

Ap'snga!

What's your favorite summer activity or most memorable summer in Kodiak?



Alice

"I really enjoyed taking the boat from Chiniak to Swickshak Lagoon to go fishing with my husband. We stayed in a cabin there next to a beach that had the prettiest rocks I have ever seen. The rocks were all sorts of colors, different than any rocks I have ever seen on Kodiak beaches."

"I remember growing up looking forward to the weekends when my dad would take my brother and I to our cabin at Anton Larsen. We would camp overnight, wake up early and take the skiff to our "secret hunting spot." From there we would hike 3 hours up this huge mountain. Something about shooting and packing out your own meat makes it taste that much better!"



Tasha

Genealogy Workshop

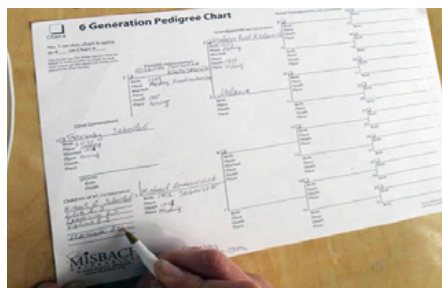
Most people know who their grandparents are and could name a handful of cousins. If you've wanted to delve deeper into your ancestry, Tangirnaq Native Village will be hosting a two-part genealogy workshop in August with local Researcher Marti Murray.

Marti has spent many years recording history with Native communities in Kodiak and the Aleutian Islands. She has worked with the National Park Service, Native Village of Afognak, and the Aleutian Pribilof Islands Association on various projects to identify ancestors and map out family histories.



2006 Woody Island Tribal Retreat. Chris Woolley, Dr. Gordon Pullar, Papa George Inga, and Paul Kahutak examine a wheel chart of the village in 1936 to show the relationship between families.

She says that tracing coastal Native families is both challenging and intriguing. People have moved for many reasons over the centuries—for food, work, war, marriage, or adventure. When a village's ancestry is examined alongside a timeline of events and history, movement trends and outside genetic introductions can be traced.



Over her years of research, Marti has developed a thorough database of family lineages and has facilitated workshops to help people discover their own families. While she has information on many Alaskan families, she encourages people to make discoveries for themselves. She finds that they'll find more value in the information when their own efforts are part of the process.

She says it's also a way to actively reconnect and identify with one's culture. For someone who has physically moved away from their heritage, tracing relatives has a powerful effect of reminding them that they are part of a cultural legacy.

In the August workshop, participants will learn how to research ancestry with the resources available in Kodiak. Marti will also provide one-on-one assistance for a limited group. A four-generation pedigree can also be requested for \$25. The workshop is free, but reservation is encouraged: info@kodiakhealthcare.org

Genealogy Workshop
@ Koniak Corporation Conference Room

Friday, August 11 1:00–4:00pm
Presentation day. No RSVP needed.

Saturday, August 12 10:00am–1:00pm
Workshop day. Limited space / RSVP.

Local artist Hanna Sholl paints rocks inspired by her Native heritage. Much of her artwork uses materials she finds on nature walks, including feathers and beach wood.



Kraasiirtuq Yaamaq*

If you've walked the trails around downtown Kodiak lately, you have probably witnessed the local painted rocks phenomena. Kids and adults paint flowers, animals, or fun messages, then "hide" them alongside nature paths.

Artist Hanna Sholl has taken rock-painting to the next level, creating artwork inspired by Alutiiq regalia and traditional carved masks. While she'll

often hide rocks on her hikes, she's received several requests from around the country for custom rock art. Find her *Only in Alaska Arts* page on Facebook to see her painted rocks, feathers, beach wood and more!

Try painting and hiding your own Alutiiq rocks this summer. It's a great way to stretch your legs, express some creativity, and celebrate our Native culture!

***She is Painting Rocks**

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 SPECIALTY CLINICS

Physical Therapy
(by referral only)

JULY 17-21

Podiatry
JULY 18-20

Pediatrics
JULY 26-27

Orthopedics
AUGUST 8-9

Ophthalmology
AUGUST 29-31

Find our full calendar for Specialty Clinics, village visits, and more on our website at
kodiakhealthcare.org/events

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

KANA WELLNESS CENTER JULY CLASS SCHEDULE

MONDAY

Circuit Training
6 AM | 9 AM | 12 PM

TUESDAY

Total Body Circuit
5:30 PM

WEDNESDAY

Circuit Training
6 AM | 9 AM | 12 PM

THURSDAY

Total Body Express
5:30 PM

Stretch Out*
6 PM

THURSDAY

Circuit Training
6 AM | 9 AM | 12 PM

***NEW CLASS!** Join Manya every Thursday evening in July for a rejuvenating 30-minute total body **Stretch Out** class. The classes will blend restorative dynamic and static movements with breath to give your body the stretch it needs. Lengthening your over-worked muscles on a regular basis can help relieve chronic pain, improve your flexibility, manage stress, and leave you feeling refreshed and restored! A variety of tools along with your own body weight will be used.

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