

Promoting Wellness and Knowledge for Kodiak's Native People



**KODIAK AREA NATIVE ASSOCIATION**



# Qik'rtarmiut Asiitmen

UKSUAQ / FALL 2020



## Local Alutiiq Artist Hanna Sholl

**ALSO INSIDE:**

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Greetings,

This year, KANA and the entire Alaska Tribal Health System have made great strides in adapting our response to the global COVID-19 pandemic. In Kodiak and the village communities, robust and rapid COVID-19 testing has been made available. Telehealth service delivery has been expanded, to reduce disruptions to care from travel restrictions and facility closures. Essential supplies were distributed to village residents, to support local families. And federal funding has been leveraged to support KANA's operations in the face of increasing COVID-related costs, ensuring that we are able to continue providing the high quality of care and services that our Beneficiaries depend upon.

I am proud of KANA's efforts to prevent, prepare for, and respond to the spread of COVID-19 within our region, and we will continue to take full advantage of new technologies, funding, and innovations to fight the pandemic. In recent weeks, a new surge of cases has spread across the State and the Kodiak region. It is as important as ever that we each take precautions in our lives to protect ourselves and our loved ones as best as we can. Washing our hands often, practicing social distancing and avoiding close contact with non-household members, and wearing a mask when in public remain the best and most effective measures that Beneficiaries can take to help stop the spread of COVID-19 and stay healthy.

Within this newsletter, we have taken time to share some words from several employees and KANA departments that have played important parts in KANA's COVID response, including Medical Assistant Margie Helms, Information Technology Director Chad Burnside, and Lab Director Ashley Frost. COVID has had a profound impact on all of KANA's operations, and all of our departments and programs have had to embrace new ways of doing things to keep employees and Beneficiaries safe. I am grateful to every one of our staff for their hard work and dedication during this challenging year.

You will also be introduced to ANTHC's new liaison to KANA patients, Phyllis Amodo. Phyllis also serves on the KANA Board of Directors representing the Kaguyak Village chapter, and is a local community member of Kodiak and Akhiok who many of our Beneficiaries already know and recognize. With her help, KANA Beneficiaries are now better supported while traveling off-island and navigating Alaska Native Medical Center services in Anchorage than ever before.

KANA continues to work to Elevate the Quality of Life of the People We Serve, and to promote the health and wellness of our Alaska Native Beneficiaries and communities. Quyanaa, thank you to our Beneficiaries, employees, Board of Directors, and community partners for all of your continued support as we strive to meet and exceed our goals for another new year.

Respectfully,

Andy Teuber, President & CEO

## Phyllis Amodo: KANA's New ANTHC Liaison

Kodiak Area Native Association (KANA) welcomes Phyllis Amodo as ANTHC's regional liaison for Kodiak.

Amodo, an enrolled member of the Kaguyak Tribe, has lived in Akhiok since 1993. Amodo is an active member in her community, and has worked for the Kodiak Island Borough School District for nine years, served on the Akhiok-Kaguyak Inc. Board for 18 years and currently sits on the Board of Directors for KANA. When Amodo isn't busy, you might see her out with family practicing subsistence traditions around Kodiak Island.

After spending time in Anchorage learning about resources available to support Beneficiaries, Amodo is looking forward to assisting and working with patients. "I have seen firsthand, people struggle with logistics of getting up to Anchorage, especially from smaller communities," said Amodo.

ANTHC recognized the need to better support their partners by providing a local point of contact within each region it serves. ANTHC's wide range of services can make it difficult

for Beneficiaries to navigate. Regional liaisons enhance the knowledge of services available and improve specialty care referrals between Alaska regions and the Alaska Native Medical Center (ANMC).

Patients often have questions regarding their reservations for travel and housing arrangements or scheduled clinic and diagnostic appointments at ANMC. Amodo can view these schedules and work with case managers and patients should any of the arrangements need to be changed. Additionally, after the patient leaves ANMC, she can help ensure that KANA staff members receive the correct information for follow-up care.

Before joining ANTHC, Amodo said she saw a position open as a regional liaison and knew she needed to apply.

"I was ready for a change," she said. "I was ready to move back to the city (of Kodiak) and help."

Amodo can be reached at [pnamodo@anthc.org](mailto:pnamodo@anthc.org) to support patient needs between their region and ANTHC. ■





With each of the newsletters, we talk with a staff member to learn about their career at KANA.

# Margie Helms

## Certified Medical Assistant

A member of both Natives of Kodiak and the Sun'aq Tribe of Kodiak, Margie Helms started working at KANA the summer before her senior year of High School when she was just 17 years old. She started as an IT Assistant Apprentice through KANA's Supplemental Youth Employment program and continued on with the IT department for two years, working her way up to a PC Technician 1. Margie enjoys working with people and she eventually decided to switch career paths to the medical field, completing a 9 month course to become a Medical Assistant. In 2012, she started back at KANA as a Medical Assistant, later switching to the Community Health Aide Program (CHAP), where she served in Larsen Bay for 4 years. Margie moved back to Kodiak to be closer to her family and continued to function as a local health aide before transitioning back into a Medical Assistant role.



"I absolutely love working with everyone in the medical department, from my friends working on the floor, to the health aides working in the villages. They are all great in their own way!"

- Margie Helms

### What are your responsibilities in your current position?

I currently do vitals, help run lab tests, and assist with anything the provider would need help with.

### How has KANA helped you grow?

KANA has been a part of my entire adult life, I honestly don't know where I would be if it wasn't for KANA. I've learned how to be part of a community because of this corporation, and I don't regret any of the steps I've taken.

### What would you like to tell us about your co-workers at KANA?

I absolutely love working with everyone in the medical department, from my friends working on the floor, to the health aides working in the villages. They are all great in their own way!

### You were on the ground floor when COVID hit the nation and the community, how did your job evolve once COVID emerged?

Before COVID hit, I was running the nurse clinic, the Immunization program, filling in for Employee Health every now and again, and flying out to the villages if a CHA needed to leave on an emergency. Four of us were originally assigned to the COVID testing site. We were selected because of our background in

emergency services. I was the main COVID tester for the months of March-July. I pulled Amanda Spiegel into helping out because we didn't have enough people to run tests and report before the end of the day. We started out with one machine, and we slowly accumulated more. However, even though we acquired more machines, we also saw an increase in tests coming in. Amanda and I made a great team. We eventually had some of the KANA Dental Team, Kat Gronn and Heather Parker, jump into the tester rotation. Once they started to get the hang of running the tests on their own, Amanda and I moved over to the swabbing sites. We had some long days and long nights. I no longer work for the testing sites, but, I do miss it from time to time.

### What do you enjoy most about living in Kodiak?

I like having the ability to have hiking and outdoor access so near. I have a dog; we go on walks almost on a daily basis, and I love being able to provide her with the freedom she needs.

### What is your most memorable or interesting moment at work?

The most interesting is usually working with coworkers, being able to connect with them, having fun even if we are working. Just the fun back and forth banter.

# Bringing Free Legal Services to Our Patients

## KANA Partners with Alaska Legal Services Corporation

Alaska Legal Services Corporation (ALSC) currently partners with six Medical Legal Partnership (MLP) site locations to embed an attorney within healthcare facilities around the state. KANA welcomes Ellen "Katie" Hague, who arrived late this summer to serve as the Staff Attorney for the Kodiak region. Hague comes to Kodiak with an impressive background in the military, having served eight years as a Hospital Corpsman in the Navy prior to attending Georgia State University, where she graduated cum laude. She then went on to earn her Juris Doctorate degree at Albany Law School.

Hague arrived in Kodiak in July with the Kodiak ALSC office reopening in August and has already made an impact in the community. The ALSC Kodiak office has been active this year, assisting 24 Kodiak households, aiding 50 individuals with critical civil legal needs impacting their health and safety.

The MLP is a resource to help improve the health of American Indians and Alaska Natives by addressing

health harming legal needs. The MLP attorney, through ALSC, will provide free, civil legal services to our qualified patients.

As the MLP Staff Attorney, Hague can assist with a variety of civil legal issues including landlord-tenant matters, domestic violence issues, healthcare, income security and end of life planning.

"I love it here in Kodiak," said Hague. "It's absolutely stunning and I'm very happy to be here working for the community."

Hague views her work with MLP as a way to empower KANA's Beneficiaries. "Justice," stated Hague, "that's what I'm here for. My goal is to serve the community and hopefully be a true asset."

Her office hours are Monday-Friday from 9:00am-5:00pm and can be reached by calling (907) 948-5008 or emailing her at ehague@alsc-law.org.



# 25 DAYS OF FIT-MAS CHALLENGE

Looking for a way to workout that'll keep you connected while supporting social distancing? Our KANA Wellness Center team is rolling out the 25 days of Fit-Mas Challenge! Starting Tuesday, December 1 we'll be sharing daily challenges on our KANA Wellness Center Facebook page; each daily challenge will build upon the last. Complete the daily challenges and post a note on our Facebook page for your chance to win some great fitness themed prizes! You can also earn extra chances to win by trying out any of the "fit-mas" holiday recipes shared every Tuesday.

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

- Follow the KANA Wellness Center on Facebook
- Check out the daily exercise challenges
- Complete the challenge and comment on the daily post.
- We'll enter your name in a prize jar.
- For every challenge you complete and comment on we'll enter your name in the prize jar.
- At the end of every week we'll draw a name and award fitness prizes.

**At the end of the 25 days of Fit-Mas, a grand prize will be drawn from those who completed the challenges. The more challenges you complete, the more chances you have to win!**



## HERE'S A SNEAK PEAK FROM OUR "FIT-MAS" CHALLENGE TO GET YOU STARTED!



### 1. WALKING LUNGES (20 TOTAL)

Stand upright, feet together, and take a controlled step forward with your right leg, lowering your hips toward the floor by bending both knees to 90-degree angles. The back knee should point toward but not touch the ground, and your front knee should be directly over the ankle. Press your right heel into the ground, and push off with your left foot to bring your left leg forward, stepping with control into a lunge on the other side.



### 2. PUSHUPS (X20)

Get down on all fours, placing your hands slightly wider than your shoulders. Straighten your arms and legs. Lower your body until your chest nearly touches the floor. Pause, then push yourself back up. Repeat. Modification: Drop to your knees.



### 3. AIR SQUATS (X20)

Stand tall with your feet hip-width apart. Lower your body as far as you can by pushing your hips back and bending your knees. Pause, then slowly push yourself back to the starting position. For an extra challenge, add a jump. On your way back up, push up through the starting position and jump as high as you can. When you land, immediately squat down and jump again.



### 4. MOUNTAIN CLIMBERS (20 EACH)

Assume a push up position with your arms completely straight. Lift your right foot off the floor and slowly raise your knee as close to your chest as you can. Touch the floor with your right foot. Return to a starting position. Repeat with your left leg. Alternate back and forth. For an extra challenge, speed it up!



### 5. PLANK HOLD (20 SECONDS)

Plant hands directly under shoulders (slightly wider than shoulder width) like you're about to do a push-up. Ground toes into the floor and squeeze glutes to stabilize your body. Your legs should be working, too — be careful not to lock or hyperextend your knees. Neutralize your neck and spine by looking at a spot on the floor about a foot beyond your hands. Your head should be in line with your back. Hold the position for 20 seconds.



### 6. BICYCLE CRUNCHES (20 EACH)

Start by lying on the ground, with your lower back pressed flat into the floor and your head and shoulders raised slightly above it. Place your hands lightly on the sides of your head; don't knit your fingers behind. Be careful not to yank your head with your hands at any point during the exercise. Lift one leg just off the ground and extend it out. Lift the other leg and bend your knee towards your chest. As you do so twist through your core so the opposite arm comes towards the raised knee. You don't need to touch elbow to knee, instead focus on moving through your core as you turn your torso.



### 7. GLUTE BRIDGES (20 EACH)

Lie face up on the floor, with your knees bent and feet flat on the ground. Keep your arms at your side with your palms down. Lift your hips off the ground until your knees, hips and shoulders form a straight line. Squeeze those glutes hard and keep your abs drawn in so you don't overextend your back during the exercise.

## READY TO STEP-UP THE CHALLENGE?

At the end of the 25 days we challenge you to keep moving - mix and match any combination of the challenge moves for your own personalized workout. You can also increase the reps, repeat the circuits x3 or add weights to help build strength and endurance!

\*\*Always use discretion when performing new exercises. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately.







## IN THE STUDIO WITH:

### Hanna Sholl

Hanna is an Alutiiq artist known for using an assortment of mediums and patterns that capture her heritage. Her multi-faceted work can be seen throughout Kodiak, including a large mural at the entrance to Sun'aq Tribe of Kodiak building.

She is the daughter of Sophie Frets and Bruce Burns. Hanna's mother is from Kodiak Island, while her father comes to Kodiak by way of California. She grew up in the lower 48, but returned to her roots as an adult to raise a family.



#### When did you realize art was your passion?

Art in general has always been a passion of mine. Alaskan Native art, Alutiiq art, and Indigenous art did not start to be a passion for me until my early 20's. However, I have always been drawn to patterns and detail work very similar to what we see in ancestral Sugpiaq art.

#### There are many mediums you use to express yourself, which is your favorite?

From painting to carving, and beading to weaving, I do not limit myself to a single medium. My favorite artistic media changes depending on the day, or the year, or on the passion behind the specific project I happen to be working on.

#### What does your studio look like?

For most of my artistic career my studio has simply been wherever I can make it work. Most often it would be on a kitchen table with a closet for storage of extra materials. My current "studio" is located inside my house, and it is split between a bedroom and a garage.

#### What inspires you/where do you find inspiration?

Inspiration for me comes from many different places, but most commonly themed around Indigenous issues, Alutiiq culture, and Kodiak island. The inspiration to continue the work that I do comes predominantly from my four small children, and the drive I have to normalize our Indigenous culture.

**"Inspiration for me comes from many different places, but most commonly themed around Indigenous issues, Alutiiq culture and Kodiak Island."**

#### What advice would you give to someone who wants to explore creating art?

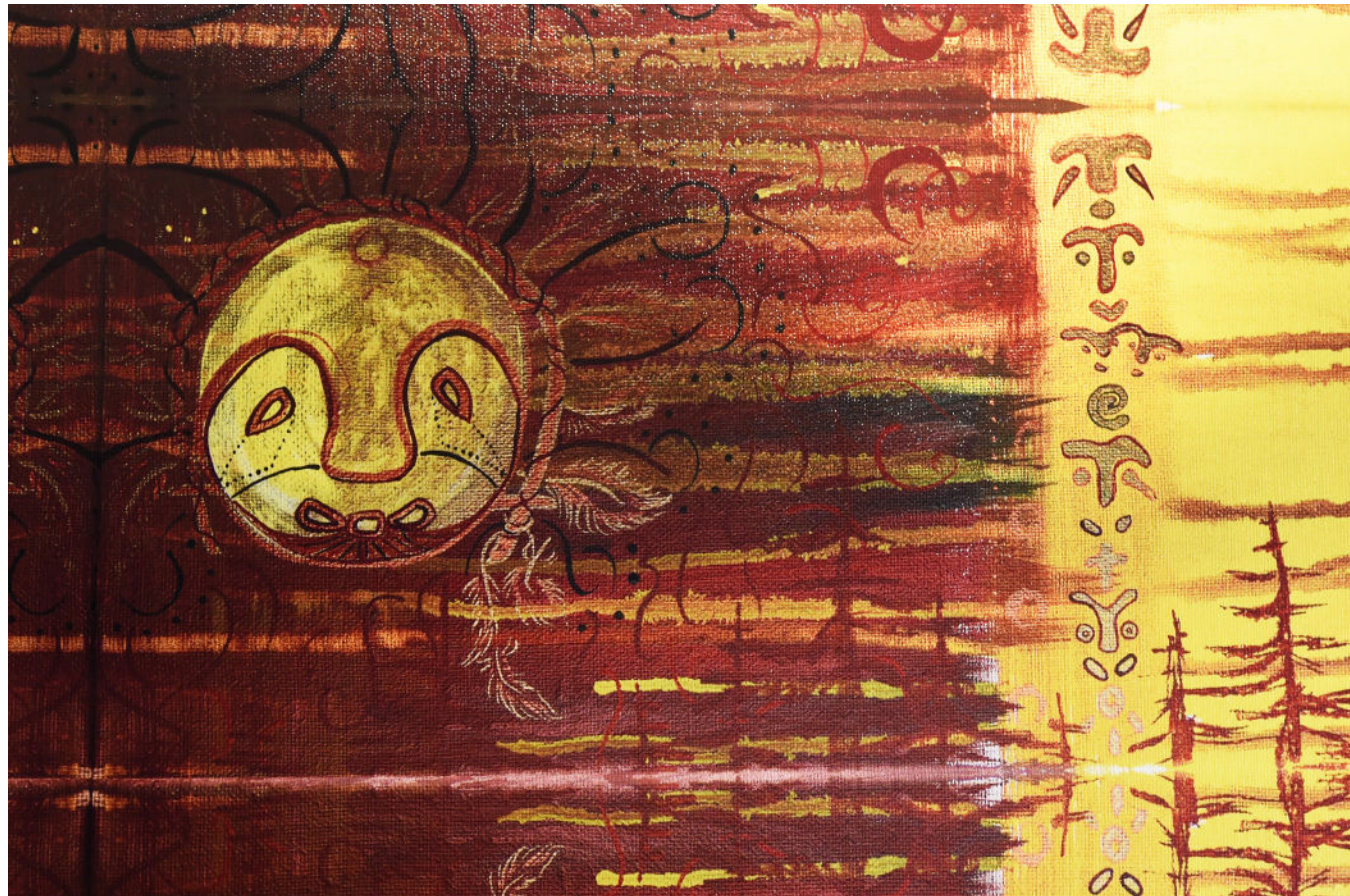
Do it! Art looks different for everybody; you should not be discouraged if your art comes out different than what you believe people deem as acceptable art. There are more art forms and mediums than we can name, and the sky is your only limit - the sky, and yourself. Don't let others put you in a box, and don't put yourself in a box. And most of all, everyone is an artist in their own way, find what works for you, what fuels your soul, and run with it!

#### What sort of community art projects are you working on?

Currently I'm working on wrapping up my Luce Indigenous Knowledge Fellowship work. It is a combination of many different projects designed to document, teach, create and work with the Kodiak community to share about Indigenous Alutiiq history and culture. The most known way this is currently being done is through my mural project.

I have hopes to expand this project in 2021. There are several other irons in the fire in preparation for what 2021 will bring. In addition to everything else I am working on creating classes that are available to the public over Zoom.





**Can you tell us about the grant you received to do mural work around the community?**

The Henry Luce Indigenous Knowledge Fellowship is a fellowship designed for culture bearers in Indigenous communities. Our cohort is made up of 10 Indigenous people from around the United States. We are all working on special, and very different projects in our own communities. We also work on projects together and share our knowledge and resources with each other. Specifically, for the fellowship that I applied for, I am doing a few different large projects. The first part of my fellowship is to create three separate collections of Alutiiq pieces. The first collection is pieces that tell stories or explore ideas through an Alutiiq lens. This mostly includes items with themes and present-day issues facing Indigenous people.

The next collection is a collection of recreated Ancestral objects designed to honor and pay respect to the traditional techniques used. The third collection is called “a Journey to Traditional”; this is a collection of pieces that highlight my journey as a traditional Alutiiq artist. The hopes is that eventually these three collections will be on display and will be able to be viewed by all. Because of what is going on with COVID, my plans have changed a bit, and this will be an

online exhibit. This exhibit not only includes photographs of the pieces that were created, it will also include links to the original objects and inspiration. There will also be links to information to learn more about things like Alutiiq colors, talking rocks, historical objects, cultural values and much, much more. For a few of these pieces there are also lectures or workshops attached to them. My hope is to continue to offer these lectures and workshops free of cost for as long as possible.

In addition to the art collection portion of the fellowship, I am also creating a collection of large-scale murals. The purpose of these murals are to normalize Alutiiq culture on Sugpiaq land, help with the beautification process of Kodiak, and inspire other artists to create large scale pieces.

I have also set out to create a small collection of miniatures or “doll house” style pieces for kids to play with, that focused on Alutiiq culture or stories.

Overall, this fellowship has been an extremely important source of growth in my life. It has allowed me to focus on making a difference, documenting, research and education. I’m extremely grateful for all that I have learned through the Luce Indigenous Knowledge Fellowship staff and my cohort of fellows.



**Where can your art be viewed around town?**

I have murals at the Sun’aq Tribe of Kodiak across from Henry’s; there’s a mural in progress at Native Village of Afognak in front of their building. The Chiniak post office also has a small mural, and the recycle shed out in the Flats. I have high hopes of creating additional indoor and outdoor murals for the Kodiak community in 2021. The best way to see my current work is to find ‘Fine Arts by Hanna Sholl’ on Facebook, ‘Hannasholl\_Agasuuq’ on Instagram, or my website at [www.FineArtsByHannaSholl.com](http://www.FineArtsByHannaSholl.com). I post lots of pictures and my works in progress, finished products, information about workshops and art sales.

**“Alutiiq people are still here, and we are a strong and vibrant culture worthy of acknowledgment.”**

**What messaging do you hope to get out with your art?**

I have so many messages that I hope to get out with my artwork. Probably the umbrella message would be to highlight that Alutiiq people are still here, and we are a strong and vibrant culture worthy of acknowledgment. However, honestly if you ask me this question in six months

my message may have changed. Just like my culture I am ever growing in who I am as an Alutiiq person, and as an artist.

**art**  
**/ärt/**  
**noun**

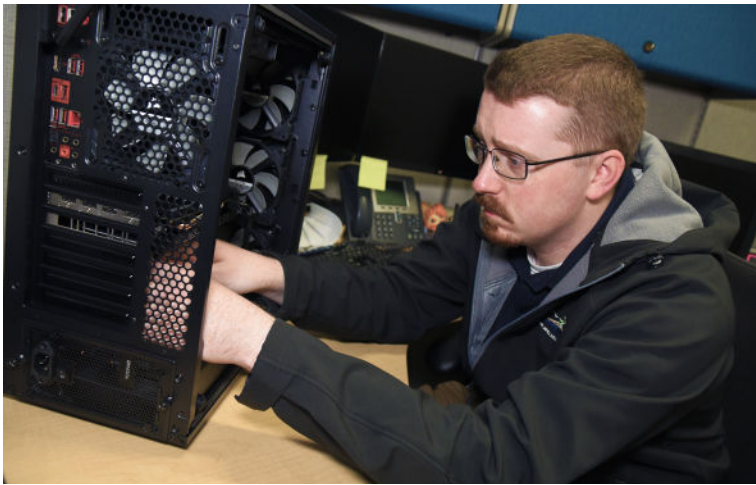
Various branches of creative activity, such as painting, music, literature, and dance.

**artist**  
**/ärdest/**  
**noun**

A person who practices any of the various creative arts, such as a sculptor, novelist, poet, or filmmaker.

**Know an artist or a writer we should feature? Send your nomination to [info@kodiakhealthcare.org](mailto:info@kodiakhealthcare.org).**





**Left:** Jeff Valerio - PC Technician II  
**Middle:** Ariana Brown- Clinical Applications Coordinator  
**Right:** Ivan Castellon - PC Technician III  
**Bottom:** Chad Burnside - IT Director

## Keeping KANA Connected

COVID-19 has brought many challenges over the last year driving KANA to reimagine patients' access to care and the employee work environment, while acting to prevent the spread of the virus and keep patients and employees safe. At the center of the COVID-19 response was KANA's Information Technology (IT) department. The IT department responded swiftly to KANA's need for remote connections for staff working from home, and new software installations and trainings to facilitate patient care.

KANA's IT Director Chad Burnside and his team were already prepared to handle a remote workforce when KANA began its transition.

"Because there were multiple places in the country that had already started having employees work from home, we anticipated something like that happening here," explained Burnside. In March, when KANA decided to restrict in-person services, IT was ready. "We had already started looking at some of the things we had in place," said Burnside, "like KANA's VPN (Virtual Private Network). And really, it just came down to figuring out how to best deploy that."

VPN extends a private network across a public network and enables users to send and receive data securely as if they were in the office at KANA. Applications running across a VPN may therefore benefit from the functionality, security and management of the private network. Therefore, it acts as though you were actually working right out of your office.

"It turned out, getting everyone prepared to work from

home was more logistical than technical," continued Burnside. "We just had to turn on the features most employees already had installed on their computers- like our Jabber software. Jabber enables you to answer your work phone as if you were still in the office."

Having a system already in place allowed the IT team to expedite preparing employees to work from home. "We had our hands on just about every machine in KANA while conducting training sessions by group and individuals over a span of about a month," said Burnside. "We had most of the training done in about two weeks; however, if we were to have started from scratch and come up with all of the technology, it certainly would have taken longer. In reality, we're lucky to have had a lot of tools already in place."

COVID-19 restrictions put in place to reduce exposure and transmission of the virus also proved challenging for patients and providers. Not wanting to disrupt access to care or limit providers ability to meet with patients, IT's next task was to set up and install software on almost 60 iPads, enabling KANA to offer telehealth services.

The adoption of telehealth services not only allowed providers and patients to keep appointments, but also allowed patients who might otherwise miss in-person appointments due to transportation or childcare arrangements, access to care. Once configured, KANA Van services delivered the iPads to patients prior to their scheduled appointments. The provider and patient were then able to communicate through video conferencing, enhancing KANA's ability to treat patients remotely.

"We purchased about 50 or 60 iPads and my team got them set up with data," explained Burnside. "Medical, Behavioral Health, Substance Use programs are all using iPads so that they can meet with clients and have Zoom meetings. From what I understand, some of the services over at Carolyn Street have actually increased because people don't have to leave the privacy of their house to have an appointment- putting away the fears of having to walk into the facility."

COVID-19 ultimately affected employees and patients alike and demanded innovative thinking and reinvention of both access to care and the traditional workplace. In spite of the

challenges, the KANA IT team was able to step up to the challenge and Burnside is proud of how his dedicated staff met the demands. The IT staff includes Jason Koehne, Jeff Valerio, Ariana Brown and recent hire Ivan Castellon. "The staff has been great," exclaimed Burnside. "When we first initially transitioned back in March, we were all here in the office. We were doing a lot of purchasing, a lot of organizing and a lot of planning and the staff was wonderful. You know, the staff they really stepped up - they have been amazing!"

**"It was more logistical than technical. We already had several things in place before COVID came along, we just had to turn on those features."**

- Chad Burnside





# COVID-19 Testing: Keeping Kodiak Safe



Registered Nurse Geneva Risch displays a test collection sample at KANA's COVID-19 Testing Center.

Since the beginning of the COVID-19 pandemic, KANA has been on the forefront of keeping Kodiak communities safe.

Local, state and national government mandates and guidelines have continually changed over the last 9 months, requiring KANA to adapt quickly and strategically. One such implementation included the development of a comprehensive COVID-19 Testing Center where patients could not only be tested for COVID-19 but have their results processed locally.

Tents were used at testing sites through much of the year, at remote testing sites which included East Elementary and the Bayside Firehouse. With winter approaching, KANA has relocated the remote testing center to a new long-term location at 3472 East Rezanof Drive.

“It’s been great,” stated Ashley Frost, KANA’s Lab Director. “The KANA Facilities team was able to construct a testing facility that gets us inside, keeps us out of the elements, and allows us to continue with drive-up testing.”

In addition to protecting staff and patients from inclement weather, the new testing location will officially house most of the COVID-19 testing process, alleviating much of the COVID-related foot traffic at the Mill Bay Health Center. “We really wanted to make sure we reduced the impact of our COVID testing on the Mill Bay Health Center,” Frost explained. “It’s important that we’re able to both support patient testing in addition to oral surgery clinics, the WIC office and everything that we currently do at Mill Bay.

The new location has allowed KANA to expand their testing hours at the KANA COVID-19 Testing Center to Monday-Friday, 8:30am – 5:30pm and Saturday 10:00am – 4:00pm to accommodate the rising number of daily COVID tests in the community. Testing is offered by appointment only, which, in combination with the new hours, aims to reduce the workload and stress on the COVID Testing Team by distributing test collection throughout each day instead within the previously limiting 3-hour daily window. Testing at the airport remains seven days a week to accommodate travelers from the villages.

As positive COVID-19 cases continue to trend upward in Kodiak, so have the number of COVID tests. KANA has performed 13,859 Point-of-Care (POC) tests as of mid-November. Frost added, “We’re doing anywhere between 80 and 100 tests a day, where yesterday we did 181 tests, maxing out our daily capacity.”

KANA has also recruited additional staff to cover the increase in hours and the number of daily COVID-19 tests. “It’s been very, very beneficial for us to hire both entry level healthcare staff and higher level registered nurses and lab technicians,” said Frost. “It has helped support the collections, processing of results, and relieve some of the call center burden specific to COVID-19—it’s been incredibly valuable.” Adding staff has also permitted KANA’s nurses to assist with the COVID triage line. Frost explains, “they’re the ones reaching back out to positive patients, ensuring they’re getting the information they need and gaining access to any necessary appointments.”

COVID-19 testing capabilities have also grown in the villages. Each village now has their own COVID-19 testing units and has the capacity to complete COVID testing from start to finish.

“We’ve been very fortunate to have the ability to accomplish what we’ve done so far,” said Frost. “We’ve received support from the Alaska Native Tribal Health Consortium, as well as support from the state and the local emergency operation centers. Together this has really allowed us to staff our own crews, create our own scheduling plans and implement all the steps that KANA has made to create a more efficient testing process as we continue to serve the community, the villages and our Beneficiaries.”



KANA’s Lab Director Ashley Frost, (far right) stands with COVID Team members (left to right) Amanda Spiegel, COVID-19 Testing Coordinator, Mary Paglingayen, Registered Nurse and Geneva Risch, Registered Nurse.



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## Upcoming closures.

Kodiak Area Native Association will be closed for the following holidays this winter:

### Christmas

Friday, December 25th

### New Year's Day

Friday, January 1st

### Martin Luther King Jr. Day

Monday, January 18th

### Presidents' Day

Monday, February 15th

# KANA



## COVID Test Results Available on MyHealth

### How it works

- Call KANA at 907-486-9870, select option #1
- Speak with a Scheduling & Registration Specialist who will screen and schedule your appointment to be tested.
  - **Priority appointments will be given to symptomatic patients.**
- The Scheduling & Registration Specialists will also sign you up for a MyHealth Patient portal account where you will receive your test results.
  - **A valid email address must be provided to create a MyHealth account.**
- Get Tested
- Results will be uploaded to your MyHealth account.
  - **Please note - ONLY patients with a positive test result will receive a phone call notification.**

### How and when will I receive my test results?

- Results are available on the MyHealth patient portal. Results for patients ages 13-17 are subject to special restrictions by law, and are available with a Release of Information through our Patient Access department.
- Turnaround time for results varies based on the amount of tests we are processing, but in most cases results are available within a few days.