

Promoting Wellness and Knowledge for Kodiak's Native People

KODIAK AREA NATIVE ASSOCIATION



Qik'rtarmiut Asiitmen

UGNERKAQ / SPRING 2019



Meet the team at 323 Carolyn Street

ALSO INSIDE:

*Ocean Monitoring for PSP • Yoga for Digestion • Akhiok Energy Projects
Patient Satisfaction Survey • Employee Spotlight: Gwen Sargent • Health Services Calendar*



Greetings,

Since formation in 1966, the Kodiak Area Native Association has been committed to addressing the needs of our people and communities. Our services develop and grow each year as we work to elevate the quality of life of the people we serve.

As KANA continues expanding its services, we are making efforts to integrate all of our services with each other, particularly through behavioral health. Anxiety, stress, tobacco addiction, learning disabilities, PTSD, and other behavioral components can all affect an individual's physical health. By adopting a whole health system of complementary and integrative health approaches, we are empowering patients to take charge of their own wellness plan. KANA's network of specialists can help you discover the simple ways in which you may improve your quality of life, whether it's our nutritionist adjusting your shopping list or our Wellness Center team teaching you stretches to do at home.

Last year, KANA became a partner with Walk2Connect, a national walking advocacy organization, to host a series of community walks in Kodiak. Events like these provide a welcoming space for people of all fitness levels to participate in outdoor group exercise, at no cost. Activities that are open and accessible to everyone are an important part of Alaska Native culture. Fishing, harvesting plants and berries, craft-making, and hiking are all traditional activities that benefit our minds and bodies, and keep us active with our families and communities.

KANA honors these values in our summer programming each year, providing outdoor adventures for local youth. Beginning in June, our Prevention team will host activities three times per week: Activity Afternoons at Baranof Park offers team games twice a week, rain or shine, while Explore the Rock takes kids on group day hikes with educational components. These programs help the next generation develop social growth, fitness skills, and a connection with the environment. These are building blocks for a healthy, active lifestyle.

Recently, we introduced Behavioral Health Consultants who are available to assist KANA Beneficiaries by exploring whole health and self-care strategies. During an appointment with your Primary Care Provider, you may visit with a BHC to discuss ways to integrate positive lifestyle changes into your care plan. BHCs can also coordinate with our other specialists to help you map—and reach—your goals, whether you want to sleep better, improve family relationships, or quit smoking. I encourage you to take advantage of this unique and important member of our health care team.

If you have already met with a Behavioral Health Consultant, tell us how it went. You can provide your thoughts through our Patient Satisfaction Survey, available in our clinics or online at kodiakhealthcare.org/survey. An abridged survey can also be found on page 7 of this publication. Your feedback is vital for improving our services and elevating the quality of life for the people we serve.

Respectfully,

A handwritten signature in blue ink that reads "Andy Teuber".

Andy Teuber,
President and CEO

Recent Additions to Our Health Care Team



KATE SMITH

Kate Smith, a Board Certified Doctor of Physical Therapy, joined KANA in January as a full time therapist, furthering KANA's initiative to develop a Physical Therapy program which began in 2018.

Originally from Rochester, New York, Kate attended the University of Tampa where she received her Bachelor's Degree in Exercise Science in 2011, and her Doctor of Physical Therapy degree from the University of St. Augustine in 2014. Her career began in Florida at Sarasota Memorial Hospital as an outpatient orthopedic physical therapist.

Kate has a hands-on approach, specializing in spinal and joint manipulation. She worked with patients for orthopedic, neurological, vestibular, and cardiopulmonary rehabilitation. Kate is excited to bring her knowledge to KANA to optimize the overall functional independence of her patients as they return to daily activities without pain.

ALISON STARR

KANA added an additional Physician's Assistant in September 2018. Alison Starr, PA-C, graduated with a Bachelor of Science in Human Nutrition from Kansas State University in 2015 and her Masters of Physician Assistant Studies from Wichita State University in 2017. She is a Nationally Board Certified Physician Assistant with an active DEA certification.

Alison spent the last year practicing at Trego County Memorial Hospital in Kansas providing Primary Care, Urgent Care, and Emergency Medicine to patients of all ages. She also served as a locum provider in rural areas of Kansas providing emergency medicine and clinic coverage in remote settings with limited resources.

Alison focused her employment search on small communities with an emphasis on public health, and she is especially interested in the community health aide program and village travel.



Introducing KELP

Kodiak Environmental Leaders and Professionals (KELP) is a work-group made up of environmental professionals, experts, community leaders, volunteers and partners. It's a space to support and discuss local projects, monitoring efforts, opportunities, events, as well as environmental concerns and observations. KELP is managed by KANA with grant funding from the Bureau of Indian Affairs' Tribal Resilience Program and the Environmental Protection Agency's Indian General Assistance Program.

KELP held their first meeting on February 25th and plans to meet monthly at the Kodiak Seafood and Marine Science Center in room 219. If you are interested in attending, the next meetings are scheduled for 1:00pm on April 22 (Earth Day) and May 31.



Environmental Technician Andie Wall and Environmental Coordinator Stephanie Mason represent KERP at ComFish 2019.



Kodiak families attend the Community Baby Shower.

Community Baby Shower

The Second Annual Community Baby Shower took place on February 23, hosted by KANA's Early Childhood Comprehensive Systems (ECCS) project in partnership with Parents as Teachers.

Kodiak parents were able to engage with each other and discuss their new babies with one another while enjoying food, baby shower games and prizes. Parents were also given an Ages & Stages Questionnaire (ASQ) to complete for their baby and were provided with activity supplies to ensure the accuracy of the ASQ. KANA staff were available for parents with questions. Upon completion of the ASQ, parents received a free book for their child.

"We were also able to score the ASQ for the parent on-site," said Cassie Keplinger, KANA Family Services Coordinator. "We then connected parents with Help Me Grow Alaska, where a Care Coordinator was able to follow up with them regarding the ASQ and any other services they may need."

Old Harbor's March for Respect

Communities across the state participated in Choose Respects annual marches this spring. Resident Port Lions VPSO Corporal Kathryn Wolski was on assignment in Old Harbor and participated in the village's March 28 march.

"The Choose Respect campaign is intended to draw awareness to sexual assault and domestic violence in Alaska," explained Corporal Wolski, describing the event. "We started at the school and marched to the church where a prayer was said. We then marched to the Tribal hall where everyone had lunch together."

More than half of women in Alaska have experienced domestic violence, sexual violence, or both at some point in their lifetime, according to a research report from the University of Alaska Anchorage. The Choose Respect campaign began in 2009 in an effort to end the epidemic of domestic violence, sexual assault, and child sexual abuse in our state.

KANA partnered with the Kodiak Women's Resource and Crisis Center and Providence Kodiak Counseling Center to promote the Choose Respect campaign in our island communities. Rebecca Shields, KWRC Executive Director explains: "We are sending messages of hope and healing to the many who have suffered from crimes of violence. We are helping to engage effective strategies to prevent violence now and in the future."

Corporal Wolski said the Old Harbor event left a strong impression. "It was such a wonderful opportunity to be a part of something that meant so much to this community."

KANA offers resources and materials to educate groups and individuals about domestic abuse. Request information by calling 907.486.9800 or by emailing prevention@kodiakhealthcare.org.



VPSO Corporal Kathryn Wolski (second from left) helps carry a banner with local residents in Old Harbor's 2019 Choose Respect march.



Settling in at 323 Carolyn Street

KANA's newest facility is home to a family of growing services

Last spring, KANA introduced its newest facility: 323 Carolyn Street. The building, previously occupied by the Native Village of Afognak, was renovated and remodeled to accommodate KANA's growing Substance Use, Family, and Preventions services.

"There has been a rising trend of addiction across the nation, and in Kodiak's communities" explains Jessica Kell, Behavioral Health Director. "The opioid epidemic has received most of the press, but alcohol and tobacco continue to affect individuals of all ages along with their families. 323 Carolyn Street is a safe space to receive outpatient services. You can literally walk in right off the street and get started today."

Mike Pfeffer, KANA's Chief Operations Officer, elaborates: "When we reviewed our options of available spaces, 323 Carolyn Street offered everything on our list: a downtown location, versatile layout, privacy for patients, and easy parking. It was a perfect fit. Our building offers all the comforts of a home living space, which is how we see our services: they fit in to your life and help you feel like you belong."

Services offered include intensive outpatient treatment for substance use, batterers intervention and anger management classes, the Parenting with Love & Limits program, and individual counseling services to address behavioral health care needs.

KANA's Prevention team has also moved to Carolyn Street. Prevention specialists help community members mentor youth, prevent drug use and domestic violence, recognize and react to suicidal ideation, and provide support for tobacco cessation.

"The core purpose of our programs is to provide the people we serve with tools and resources for a variety of issues," explains Matthew Kozak, the Prevention Grants Coordinator. "By working with the

people in Kodiak and the surrounding villages, as well as with the youth, we can lay a foundation for healthy generations to come."

The physical location of the facility has been very beneficial for the programs. "We are downtown," says Kozak, "and are a lot closer to where we host activities, have meetings, and more. Not to mention we have a lot more room to store equipment and supplies, as well as dedicated meeting spaces and offices for the team and partners. All-in-all, it's been a hugely positive progression."

Parenting with Love & Limits (PLL), a state-funded program that helps improve communication in families with teenagers, is now at 323 Carolyn Street. "Parenting with Love and Limits is an effective model that can quickly bring needed change and holistic support to families of any make-up," explains Catherine Galindo, PLL Program Manager. "Moving into Carolyn Street has been an added support in making families enrolled in PLL feel comfortable and welcomed."

If you are interested in participating in any of the programs mentioned in this article, contact KANA at 907.486.9800 and get connected with a specialist today! ■

PHOTO Seated (left to right): Hope Rustemeyer, Behavioral Health Case Manager; Catherine Galindo, Parenting with Love and Limits Program Manager; Phil Jordinelli, Substance Use Program Manager; Tasha Pedersen, Chemical Dependency Counselor.

Standing: Madelyn Pearman, Parenting with Love and Limits Case Manager; Alesha Fish, Tobacco Prevention Specialist; Annelica Lopez, Prevention Specialist-Substance Abuse/Violence; Matthew Kozak, Prevention Grants Coordinator; James Price, Chemical Dependency Clinician. Not pictured: Victoria Frank, Prevention Specialist

Patient Satisfaction Survey

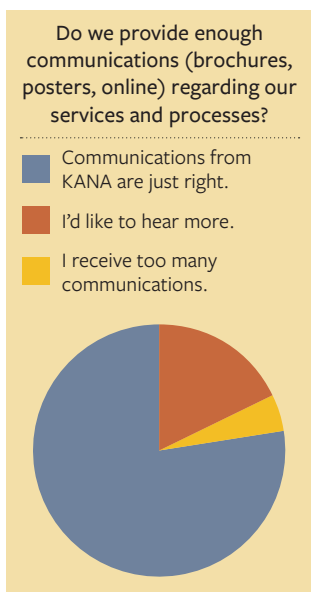
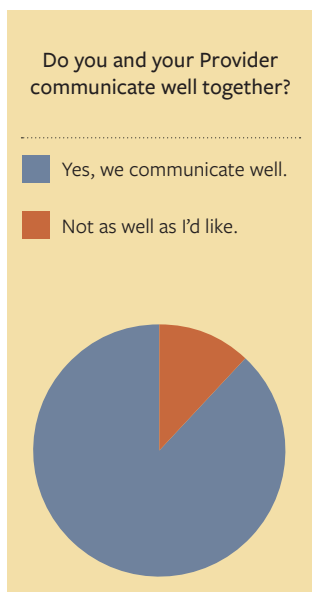
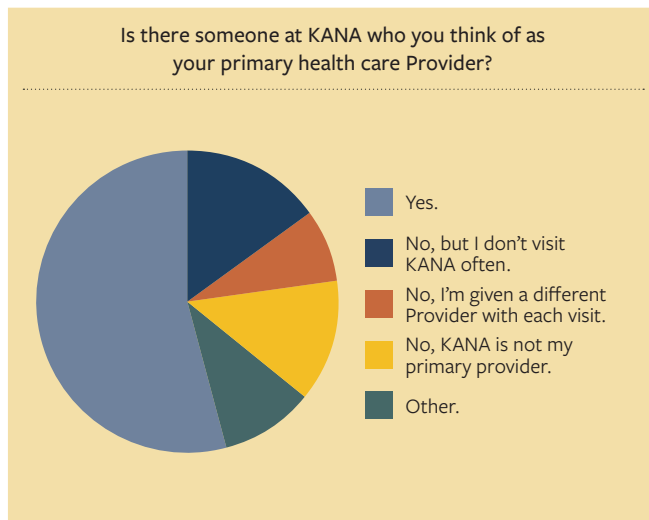
Last year, KANA introduced its Patient Satisfaction Survey via kiosks in our lobbies, iPads in our exam rooms, and online with their phone or home computer. The survey asks a series of questions about the quality of our services and the patient experience.

Results from the survey have been positive. Survey reports are generated throughout the year and distributed throughout KANA's departments, allowing the management teams to address any areas of potential concern.

You'll find some of the 2018 results from the survey on this page.

If you have yet to take the survey, or would like to report on today's experience, you will find the survey link at kodiakhealthcare.org/survey.

You may also fill out the mini-survey on the facing page. Completed surveys may be left with the front desk at any KANA facility. Feedback from our patients is crucial in improving our services for everyone.



How Are We Doing?

Your feedback is important! Please fill out this mini-survey to help us improve the patient experience at KANA. The full-length survey can be found at kodiakhealthcare.org/survey.

Is there someone at KANA that you think of as your primary health care Provider?



YES



NO



N/A

.....
Please describe:

Do you and your Provider communicate well together?



YES



NO



N/A

.....
Please describe:

Do you receive sufficient time with your Provider?



YES



NO



N/A

.....
Please describe:

Do you believe that KANA upholds your privacy and confidentiality?



YES



NO



N/A

.....
Please describe:

Do we provide enough communications (brochures, posters, website) regarding our services?



YES



NO



N/A

.....
Please describe:

What additional services would you like KANA to offer?

Completed surveys may be left in a comment box found in most KANA facilities, or with any front desk staff. You may also email a clear photo to info@kodiakhealthcare.org.

YOGA* for digestion

Whether the culprit is a big meal or a serious condition like celiac disease, bloating and indigestion never feel good. With a combination of deep breathing, abdominal stretching, and twists that massage the intestines, this yoga sequence relieves a wide range of digestive discomfort.*

Breathing plays a very important role in proper digestion. Remember that inhales are for length and opening the chest, whereas exhales are for deepening folds and twists. Practice inhaling slowly for four seconds, filling the ribs and stomach. Then, exhale even more slowly; take eight seconds to completely empty all breath. Do this cycle eight times for each pose/side.

1



Standing Forward Fold Inhale through your nose as you sweep your arms up overhead, as you exhale, fold forward, reaching towards the floor.

2



Downward Dog From your forward fold, plant your palms down and step your feet back. Keep your heels pressed towards the floor, tail bone lifted, and head hanging comfortably.

3



Cat Pose Begin with hands below shoulders, knees below hips. As you inhale, arch through your spine, lift your chin and chest, and gaze up towards the ceiling.

4



Cow Pose As you exhale, round through your spine, tuck your navel in, and drop your head towards the floor.

5



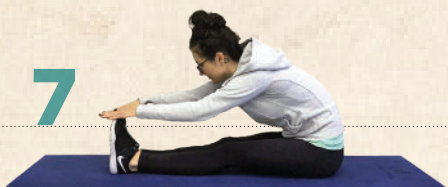
Child's Pose Separate knees slightly wider than hip width. Sit back on your heels, stomach on your thighs, and arms extended forward. Let your forehead rest softly on the mat below.

6



Seated Spinal Twist Sit firmly on the floor with your legs extended out front. Bend your left leg and cross it over your right thigh. Place your left elbow to the outside of your right thigh, creating a twist through your spine.

7



Seated Forward Fold With both legs in front of you in a seated position, inhale the arms up over the head, and lift, and lengthen up through the fingers and crown of the head. Exhale and—hinging at the hips—slowly lower the torso towards the legs. Reach the hands to the toes, feet or ankles.

8



Bridge Pose Lying on your back, bend both knees with feet placed flat on the floor hip width apart. Slide arms alongside the body with the palms facing down. Press feet into the floor, inhale and lift the hips up, rolling the spine off the floor. Lightly squeeze the knees together to keep the knees hip width apart.

9



Spinal Twist On your back, bring your arms out to the sides with the palms down in a "T" position. Bend the right knee. Exhale and cross your right knee over your mid-line to the floor on the left side of your body. Your right hip is now stacked on top of your left hip. Repeat on the other side.

10



Knees to Chest Lying on your back with your legs and arms extended, exhale and draw both of your knees to your chest. Clasp your hands around them with your back flat on the mat. Release shoulder blades down toward your waist. Broaden across your collar bones. Draw your tail bone down toward the mat, lengthening your spine even more.

11



Heart Opener Sit with legs crossed. Lean back and place your palms flat on the floor 8 to 10 inches behind you, fingertips are pointing away. Press your hands firmly into the ground and lift your chest as high as you can. Arch your back, increase the stretch, lower your head behind you, stretching through your throat and the front of your chest.

12



Breathe and Meditate Sit with legs crossed with hands or wrists gently resting on your knees. Inhale and exhale through your nose. Make each inhale last as long as the exhale, and take each breathe a little deeper than the last until your breathing is long and smooth.

Stop by the KANA Wellness Center for assistance with yoga poses, or to learn about our fitness equipment, group classes, and more!

*Always consult with your health care Provider or a Wellness Center specialist before beginning a new physical fitness program.

Ocean Monitoring of Harmful Algal Blooms

Four long-term sites on the Kodiak road system have been established for continuous monitoring of harmful algal bloom species. Of particular concern is the presence of *Alexandrium*, a genus of phytoplankton that can produce saxitoxin, the toxin responsible for paralytic shellfish poisoning (PSP).

KANA Environmental Coordinator Stephanie Mason explains why this is an important issue for Kodiak residents: “Many individuals—especially Alaska Native peoples in coastal communities—rely on subsistence resources such as shellfish. As the ocean ecosystems change, the frequency and intensity of harmful algal blooms is increasing.”

Through continuous monitoring of harmful algal blooms and testing of shellfish saxitoxin levels, the project helps address environmental trends that pose a threat to human health and to other mammals utilized as subsistence resources. Project data will help create public advisories for shellfish harvesting at sampled locations. Data will also be uploaded to the Southeast Alaska Tribal Ocean Research (SEATOR) database and linked to the Alaska Harmful Algal Bloom Network website (<https://aooos.org/alaska-hab-network>) where harvesters can view the most recent toxin and phytoplankton data.

The program—funded through the BIA Tribal Resilience Program—will provide valuable information island-wide. Long-term monitoring and data sharing will advance Tribal resilience, increase Tribal economic security, improve coastal knowledge of

“Monitoring paralytic shellfish poisoning and other HABs in Kodiak will assist in adaptation strategies and allow harvesters to make the best management decision about harvesting shellfish. It’s also pretty amazing to see an Alaskan Tribe (Sitka Tribe of Alaska) leading these monitoring efforts that have great potential to expand state-wide.”

Stephanie Mason
Environmental Coordinator, KANA

harmful algal toxins, and enable road-system Tribal members to make informed harvesting decisions based on PSP testing results. Additionally, KANA, Sitka Tribe of Alaska Environmental Research Lab (STAERL), and Sun’aq Tribe of Kodiak will start compiling environmental datasets to statistically examine toxicity levels and adapt to the trends of harmful blooms and toxic shellfish.

Shellfish toxicity levels will be public data and made accessible through seator.org or by contacting KANA Environmental Technician Andie Wall at andie.wall@kodiakhealthcare.org. ■

Fred and Lincoln Shanagin collecting ocean water for ocean acidification samples off the ferry dock in Ouzinkie.



Jamie Hubbard using a water sampling instrument to gather temperature, salinity, dissolved oxygen, and pH levels in Larsen Bay.





The Akhiok Weather Station was installed November 2018.

“Integrating renewable energy into an aging and unreliable generation and distribution system is a recipe for problems. With a new powerhouse and electric grid being designed now and installed in 2020, we have perfect timing to explore renewable energy integration.”

Tyler Kornelis

KANA Economic Development Project Manager

Akhiok Energy Projects Underway

KANA recently partnered with ANTHC’s Rural Energy Initiative and Alaska Center for Energy and Power (ACEP) to install a weather station in Akhiok that will support the community in collecting renewable resource data.

“As long as it doesn’t blow away, the weather station will collect at least one year’s worth of wind, solar and temperature data,” says Bailey Gamble, Mechanical Engineer with ANTHC’s Rural Energy Initiative.

The station, installed in November 2018, will provide data that will be used in planning the incorporation of renewable energy as the community develops its major power plant and distribution system upgrades.

POWER PROJECTS

The lead-up to the weather station project includes two tandem projects in Akhiok: a new powerhouse and a new electric distribution system. The new powerhouse is a cost-share project between the Denali Commission and the State of Alaska. The new distribution system is funded through the USDA Rural Utility Service.

The City of Akhiok submitted the powerhouse replacement project to the Denali Commission several years ago, eventually

making it to the top of the funding list in 2018. With grant writing and technical assistance support from KANA, the City of Akhiok was awarded grant funds from the USDA Rural Utility Service High Energy Cost Grant to replace the electric distribution infrastructure. Goals of these projects are to reduce fuel consumption, power outage, and line losses.

While the funders view these as separate and distinct projects, KANA has ensured that the powerhouse replacement project and electric distribution project are coordinated together, allowing both components of the new Akhiok Electric Utility to be built in conjunction with one another.

“The current powerhouse and grid in Akhiok is aging,” says Tyler Kornelis, KANA Economic Development Project Manager. “Outages, shorts, and line loss have become significant problems. Integrating renewable energy into an aging and unreliable generation and distribution system is a recipe for problems. With a new powerhouse and electric grid being designed now and installed in 2020,” Kornelis explains, “we have perfect timing to explore renewable energy integration.”

Kornelis is working with the Alaska Energy Authority to help make sure both the weather station and powerhouse projects move forward along the same time line. ■

Kodiak Island Borough Mayor Dan Rohrer talks with Akhiok Mayor Dan McCoy inside the old Akhiok powerhouse in August 2018.



Rebecca Garret of Alaska Energy Authority discusses power projects with KANA COO Mike Pfeffer (left) and Akhiok Mayor Dan McCoy.



Each issue, we talk with a staff member to learn about their career at KANA.



Gwen Sargent

Tribal Vocational Rehabilitation Administrator

Born and raised in Kodiak, Gwen Sargent is the daughter of Walter Sargent, Jr. and the late Metha Hansen. Her grandparents' lineage is traced from the Heitman and Sargent families.

Gwen's career path was unconventional: she attended vocational school and worked as a cosmetologist before coming to KANA in 1990 with an opportunity for on-the-job training. Her passion for mentoring our island's youth and developing their futures has led her to her role as Tribal Vocational Rehabilitation Administrator while pursuing her own vocational rehabilitation degree. "You are never too old to attend college," states Gwen. "It would be a proud moment to show my granddaughter that dreams really do come true."

When did you join the KANA team?

I worked for KANA for ten years from 1990–2000 before relocating to Old Harbor. After eight years in Old Harbor, I returned to Kodiak in February 2010 to be closer to family and start work at KANA as the Development Coordinator. Several years later, I became the Tribal Vocational Rehabilitation Administrator.

KANA has been my employer for most of my adult life, for almost eighteen years. I have been given the latitude to be creative in developing programs and services that enhance the lives of KANA's Beneficiaries. Throughout the years, I have had training opportunities and am grateful for the continued development of my skills while maintaining employment.

What are some of the duties of your position?

My primary responsibility is the development and management of our Vocational Rehabilitation Program, including staff supervision, budgeting, data collecting, grant reporting, and expansion of services.

What do you like most about working at KANA?

KANA provides a professional atmosphere while maintaining a healthy, positive work environment. I like the camaraderie amongst my peers and my peaceful office space with amazing views on Near Island. I was born and raised in Kodiak so I know many of the employees—it is like an extended family.

I like the diversity my job offers me from working directly with clients, traveling to the villages, and working with our regional partners. I get the most satisfaction through planning events

that influence the younger generation to get excited about potential careers, internships, or postsecondary education. It is rewarding to cross paths with them years later when I find out that an activity or event inspired them and made a positive difference in their lives.

Tell us about a memorable KANA moment.

There are so many! I have fond memories of putting together the Elders conferences and gatherings. Elders and village residents would spend a week in Kodiak, learn about wellness, and participate in cultural activities. At one event, we even had an Alutiig clothing fashion show!

Another memory I will never forget was right after the oil spill when we hosted the first Spirit Camp on Afognak Island at Dig Afognak, supported with funds KANA received from the Exxon Valdez Trustee Council. As I stood on the beach, I looked to my right and watched a group of youth walk with archaeologists to dig on an actual site. To my left, I watched another group begin to examine a tide pool and learn about the sea life. It was rewarding to see an idea on paper actually come to life. After the end of the two-year grant, Dig Afognak developed further and transformed their program, and they have continued to operate successful summer camps every summer.

You helped created the "TAY Event". Tell us about that.

Four years ago, the Alaska Mental Health Trust Authority provided KANA with funding for a pilot project focusing on the successful transition from school to adult life. One goal was to prepare students for employment and provide accesses to available

Join our team!

KANA offers a wide range of career opportunities for candidates wanting to develop their skills while contributing to our dedicated team. We're looking for talented individuals with the enthusiasm and dedication to join us in our mission.

Gwen (second from left) at the Women's Wellness Retreat on Woody Island.



Students in Akhiok participate in a "human knot" team activity.



.....
*“KANA’s mission statement—
‘To Elevate the Quality of Life of
the People we Serve’—means
that we understand where
people are at in their lives, and
we are passionate about
their individual situations.*

*We make sure that when they
walk in the doors, we not only
provide them with the best
possible services, but also
connect them with all the
resources available to them.”*

—Gwen Sargent
.....

resources. This was in line with both my passion for working with youth and my interest in developing partnerships with the various agencies that serve our Koniag region.

The first step was to create the grassroots Transition Age Youth (TAY) Coalition, which represents local businesses, Native organizations, secondary and postsecondary institutions, government bodies, and individuals. An identified gap was the lack of funding to support the career and college fairs. The TAY Coalition took up this challenge and had the first event planned in just four months.

Incorporating Alutiiq language and culture was important, so we named the event Sun’arausqat Katurwiat (The Young People’s Gathering Place). During the event, rural and local students engaged in interactive activities that encouraged the creation of post-high school plans and challenged students to practice critical thinking to gain positive employability skills needed to succeed in the workforce. It has been rewarding to see so many students attend and benefit from the event.

How do you spend your time outside of work?

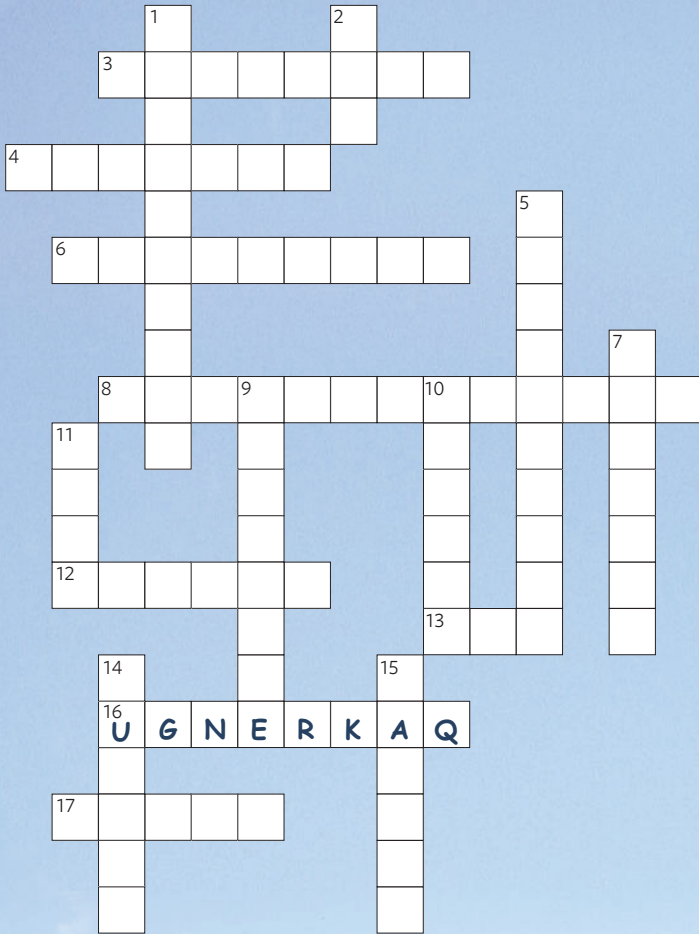
I love to cook feasts for family and friends. Cooking is a stress reliever for me, as is acrylic painting and other arts and crafts.

I also thoroughly enjoy spending time with my five-year-old granddaughter Kaleeah and my son Josh. Kaleeah has been cooking with me from before she was a year old. I got a kick out of her messaging me recently on her mom’s phone for my alodgic recipe. I remember hearing from my mom how the love of a grandchild is something special, and I have come to realize that is so true. ■

Apply for an employment opportunity today!
kodiakhealthcare.org/careers

PUZZLE: SPRINGTIME IN KODIAK

Test your knowledge of health, wellness, and Alutiiq culture with this fun word puzzle. Hint: many of the answers are found in this issue's articles!



ACROSS

- 3 Found in insecticide, this is also the addictive substance in cigarettes.
- 4 K.E.L.P. is the network of Kodiak Environmental _____ and Professionals.
- 6 Paralytic _____ Poisoning is known as PSP.
- 8 Substance use counseling and tobacco cessation are among services found in this KANA facility (two words).
- 12 This rural community recently installed a new weather station.
- 13 Called *manik* in Alutiiq, this can be found in a beach nest in spring.
- 16 The Alutiiq word for the spring season.
- 17 Consuming four or more alcoholic beverages in two hours is considered _____ drinking.

DOWN

- 1 *Qaataqutaq*, or a nutritious young fern.
- 2 Also known as Women, Infants & Children, this program provides nutrition assistance to families.
- 5 A favorite food throughout Native America, this doughy treat is called *alatiq* in Alutiiq (two words).
- 7 This health care provider is focused on your canines, incisors, and molars.
- 9 Known as a *nuus'niik* in Alutiiq communities, this one-person structure is often found near cabins and homes without running water.
- 10 Affecting the brain, symptoms of this health condition include difficulty speaking or walking, with numbness of the face or limbs.
- 11 A series of stretches and movements that may improve flexibility, meditation, and digestion.
- 14 Russian Easter bread.
- 15 _____ monoxide is found in cigarette smoke and car exhaust.

PUZZLE ANSWERS
ACROSS 3. NICOTINE 4. LEADERS 6. SHELLFISH 8. CAROLYNSTREET 12. AKHIOK 13. EGG 16. UGNERKAQ 17. BINGE
DOWN 1. FIDDLEHEAD 2. WIC 5. FRYBREAD 7. DENTIST 9. OUTHOUSE 10. STROKE 11. YOGA 14. KULICH 15. CARBON



RETURNING THIS SUMMER:

EXPLORE THE ROCK

Day hikes, beach activities, geocaching and more!

TUESDAYS + THURSDAYS

JUNE 4–AUGUST 15

Find the full schedule and registration information online:
kodiakhealthcare.org/explore

Specialty Clinics and Village Visits

Specialty Clinics are available for Native Beneficiaries by priority referral. Clinic dates may change or be added with short notice.

For updated calendar, visit kodiakhealthcare.org/health-care-calendar

Questions? Call 907.486.9870 or 1.888.258.9870 (toll-free)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APRIL	14	15	16 PORT LIONS Medical AKHIOK Medical	17 OUZINKIE Dental	18 Pediatric clinic Psychiatry clinic	19	20
	21	22 AKHIOK Dental	23	24 Arthritis clinic	25 Psychiatry clinic	26	27
	28	29 KARLUK Dental	30 OLD HARBOR Medical	1	2 Psychiatry clinic	3	4
MAY	5	6	7	8	9 Hepatology clinic Psychiatry clinic	10	11
	12	13	14 Ophthalmology clinic	15	16 Psychiatry clinic	17	18
	19	20 Cardiology clinic	21	22	23 Psychiatry clinic	24	25
	26	27 MEMORIAL DAY KANA CLOSED	28	29	30 Psychiatry clinic	31	1
JUNE	2	3 Audiology clinic	4 Ear/Nose/Throat (ENT) clinic	5	6 Psychiatry clinic	7	8
	9	10	11 OB/GYN clinic	12	13 Psychiatry clinic	14	15
	16	17	18	19	20 Psychiatry clinic	21	22

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

Presorted Standard
U.S. Postage PAID
Anchorage, AK

PERMIT NO. 125



KANA Wellness Center | Walk2Connect

Mother's Day Walk

Sunday, May 12 | 1:00pm
Near Island, North End Trail

*Sign in for a chance to win fun
giveaways, including a FitBit!*

Find us on 

@KodiakAreaNativeAssociation
@KANAWellnessCenter