

Promoting Wellness and Knowledge for Kodiak's Native People

Qik'rtarmiut Asiitmen

KODIAK AREA NATIVE ASSOCIATION

KIAK / SUMMER 2021



Arctic Care
Mission 2021

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HIKING SAFETY 101

BE PREPARED. Many hiking accidents occur because of a lack of preparation. You should always be prepared for any situation. Check the weather before leaving the house, wear good hiking shoes and weather-appropriate clothing, and bring a first aid kit and a cell phone or other communication device. You should also pack a map, compass/GPS, flashlight, knife, waterproof fire starter, personal shelter, whistle, warm clothing, rain gear, high-energy food, water, sunscreen, and insect repellent.

IF AT ALL POSSIBLE, DON'T HIKE ALONE. When you hike with a group, you dramatically reduce the chances of making wrong decisions. Travel with one or more people so you can help each other in the event of an emergency. Make sure that all group members have similar hiking ability.

TELL SOMEONE YOUR HIKING PLANS. Make sure to tell someone where you are going, how long you plan to hike, and when you are returning. Also let them know how long after your expected return they should contact authorities if they have not heard from you. Be sure to check in with them when you get back.

BEFORE YOU LEAVE, CHECK THE WEATHER REPORT. If the weather will be inclement, consider postponing your trip until another time. Continue to be aware of the weather while you hike. Kodiak weather can be unpredictable. Stay dry. Wet clothes contribute to heat loss. In addition, keep sleeping bags and important gear dry at all times.

AVOID BEAR ENCOUNTERS. Kodiak bears are active year-round. Be aware of your surroundings, make some noise, and be sure to pack bear spray.

YOUR HIKING DESTINATION IS NOT WHERE YOU PLAN TO REACH, BUT WHERE YOU COME BACK. Many accidents occur on the way back from the destination; remember, hiking ends when you come back to the trail head.

THE 10 ESSENTIALS OF HIKING

The 10 things you should bring on every hike (adapted from the American Hiking Society)

The American Hiking Society recommends you pack the "10 Essentials" every time you head out for a hike. Whether you plan to be gone for several hours, days, or weeks, make sure to pack these items.

- 1. Appropriate footwear.** Happy feet make for pleasant hiking. Think about traction, support, and protection when selecting well-fitting shoes or boots.
- 2. Map and compass/GPS.** Although phones and GPS units are handy, they aren't always reliable in the backcountry; consider carrying a paper map and a compass as a backup and know how to use them.
- 3. Water (and a way to purify it).** As a guideline, plan for half a liter of water per hour in moderate temperatures/terrain. Carry enough water for your trip and know where and how to treat water while you're out on the trail.
- 4. Food.** Pack calorie-dense foods to help fuel your hike, and carry an extra portion in case you are out longer than expected.
- 5. Rain gear & dry-fast layers.** The weather report is not always right. Dress in layers to adjust to changing weather and activity levels. Wear moisture-wicking items and carry a warm hat and gloves.
- 6. Safety items (light, fire, and a whistle).** Have means to start an emergency fire, signal for help, and see the trail and your map in the dark.
- 7. First aid kit.** Supplies to treat illness or injury are only as helpful as your knowledge of how to use them. Take a class to gain the skills needed to administer first aid and CPR.
- 8. Knife or multi-tool.** With countless uses, a multi-tool can help with gear repair and first aid.
- 9. Sun protection.** Sunscreen, sunglasses, and sun-protective clothing should be used in every season regardless of temperature or cloud cover.
- 10. Shelter.** Protection from the elements in the event you are injured or stranded is necessary. A lightweight, inexpensive space blanket is a great option.

Recent Events

ANNUAL KODIAK CHILDREN'S FAIR

On Saturday, May 22, the Kodiak Early Childhood Coalition held its Annual Children's Fair. An estimated 390 children attended this year's festivities, as families flocked to the fairgrounds to enjoy a day of Kodiak sunshine and activities. To minimize COVID-19 concerns, the KECC held the event at the Kodiak Island Fairgrounds. Twenty local programs and organizations hosted tables, including the Kodiak Police Department, KANA's Infant Learning Program, Kodiak Public Library, and St. Paul's Preschool. Various games and prizes were offered at display tables, and families were treated to pony rides by Cottonwood Stables.



AAAHC: PATIENT-CENTERED MEDICAL HOME KANA continues to provide the highest-quality primary care, as reviewed and determined by an outside agency.

KANA participated in our third Accreditation Association for Ambulatory Health Care (AAAHC) survey on March 23-25. KANA is proud to report a very successful survey that resulted in full accreditation status for the next three years. KANA also maintained our Patient-Centered Medical Home designation.

The survey reviewed everything from safety, quality of care and patient rights; to laboratory, dental, pharmaceutical, surgical, and behavioral health services, as well as administration, governance, and more.

KANA was especially recognized for our commitment to providing patient-centered care throughout our

YOUTH MENTAL HEALTH FIRST AID

This past winter, KANA Prevention team staff were certified as Youth Mental Health First Aid (YMHFA) Instructors. After attending the three-day training put on by the National Council for Mental Well-being, as well as training to teach the courses over Zoom in virtual and blended formats, the team was able to host their first class in March.

The YMHFA course teaches adults about the signs and symptoms of mental health challenges and substance use disorders in youth. In addition, the course educates participants on how to help someone experiencing those challenges, how to create a safe environment for de-stigmatization and discussion of these topics, as well as how to differentiate between typical adolescent development

and mental health or substance use issues (as often these signs and symptoms can be misinterpreted with teens). The course also covers trauma, addiction, bullying, the impact of social media, and self-care.

The hope is that by bringing MHFA classes to the Kodiak community KANA Prevention can help diminish the stigma surrounding mental health as well as improve knowledge of and confidence on the subject. The program's goal is help attendees become more comfortable talking about mental health, be better prepared to recognize signs and symptoms in those around them, and know what steps they can take to help. Classes are designed to help better prepare KANA's community partners to prevent and if necessary, intervene in crisis situations.

medical clinics, which refers to a system of care that:

1. Establishes a strong partnership between providers and patients.
2. Ensures that care decisions respect patients' needs and preferences.
3. Ensures patients have the education and support they need to make informed decisions and participate in their own care.

KANA IS NOW OFFERING VACCINES TO KODIAK COMMUNITY MEMBERS 12+!

Kodiak youth ages 12 years and older are now able to receive the COVID-19 vaccine. Vaccines are available Tuesdays and Fridays, 10:00 am-4:30 pm.

Registration is easy! To receive the vaccine in Kodiak, visit www.picktime.com/KANA/ and select your preferred date and time. Youth under 18 must be accompanied by an adult.

For additional information or help registering, contact KANA at (907)486-9870. For vaccine registration in one of the village communities, contact your local Community Health Aide.



WELLNESS CENTER REOPENS TO PATRONS

On June 1, the KANA Wellness Center opened its doors to the public for the first time in more than a year. Patrons will have to sign a waiver and wear a mask in shared spaces, but Wellness Center Staff are excited to transition back to a fully operational gym. **Current hours are Monday to Friday, 5:30 am-8:00 pm.** Stop by to register and sign the COVID-19 waiver. Don't forget to follow @KANAWellness on Facebook to stay up to date on group fitness classes and events.

Upcoming Events

WOMEN'S WELLNESS RETREAT 2021

The Annual Women's Wellness Retreat, hosted by the Kodiak Area Native Association, Sun'aq Tribe of Kodiak, and the Kodiak Women's Resource and Crisis Center, has been a positive influence in many women's lives throughout the years. Unfortunately, due to COVID-19, we will be conducting a virtual retreat this year and will assemble a "Retreat in a Box" for a limited number of registrants. The contents will include a variety of items from local, in-state, small businesses and other retailers that aim to pamper you and encourage you to take time for self-care.

Registration forms will be available the first week in July on the KANA website, and some will be sent to each village. Priority will be given to Alaska Native registrants and those residing in our remote villages.

For more information, contact Cassie Keplinger, at 907.486.9882 or cassie.keplinger@kodiakhealthcare.org.



JOIN US!

KANA

WELLNESS CENTER

GRAND REOPENING CELEBRATION & HEALTH FAIR!

SATURDAY, JULY 17, 2021

FOLLOW US ON FACEBOOK
@KANAWELLNESS FOR THE MOST UP TO DATE SCHEDULE OF EVENTS



Arctic Care: Mission 2021

Running May 5-May 13, Arctic Care 2021 provided Kodiak residents more than a week of no-cost health services. This year, active-duty Air Force personnel led the mission in partnership with KANA and support from Army Reserve Command, Army National Guard, Marine Corps Reserve, Navy Reserve, and Air National Guard in the joint Innovative Readiness Training (IRT) medical mission. In addition to military participants, community partners, including the Kodiak Island Borough School District and local Tribal councils, provided valuable resources to support the mission.



IRT is a collaborative program that leverages military contributions and community resources to multiply value and cost savings for participants. Communities typically provide materials and basic services (e.g., facilities), while military units contribute personnel and training resources. IRT missions produce mission-ready forces, civil-military partnerships, and stronger communities.

More than 500 military personnel deployed to Kodiak to provide no-cost medical, dental, optometry, ophthalmology, cardiology, veterinary, and specialty care to the City of Kodiak and outlying village communities.

Arctic Care 2021 was the first IRT mission to be executed since the COVID-19 pandemic. Thus, the team created a robust COVID-19 mitigation plan to ensure the health and safety of residents and military personnel throughout the mission. In total, 487 COVID-19 tests were conducted on military personnel in Kodiak.

The mission provided a great opportunity to work with community and military partners, while offering high-quality healthcare at no cost to our community members. Arctic Care 2022 is tentatively scheduled for May 2 to 13.



ARCTIC CARE MISSION AT A GLANCE

Teams saw 2,156 patients, performed 11,405 procedures, and fabricated and distributed 631 eyeglasses. The fair market value of all services provided is estimated at \$697,898.



Training is the primary goal of IRTs. Military personnel were able to complete **30,172 hours of medical training** and **226 flight hours** while in Kodiak.

The IRT mission also allowed KANA to deliver much-needed food supplies to our village communities. Approximately **30,000 pounds of groceries were transported**, and delivered by the United States Marine Corps on Ospreys, **saving KANA an estimated \$20,000 in shipping**.



BY THE NUMBERS



401

Medical Patients



820

Dental Patients



695

Optometry Patients



240

Veterinary Patients



SENIOR WELLNESS WALKS

Elders get reconnected through movement despite the pandemic.

Local residents often rely on one another to get through Kodiak’s long, wet, winter months, finding motivation to get out and about by meeting up with friends and family. Unfortunately, the same COVID-19 guidelines meant to keep the public safe over the last year, like those that urged people to social distance and to refrain from gathering, left many members of the community struggling to feel connected.

That’s why this past spring, when the City started loosening restrictions, and Kodiak’s Elder population started receiving vaccines, the KANA Wellness Center jumped at the opportunity to help reconnect seniors to their community and to one another. “The Wellness Center has always held a Tuesday/Thursday Wellness Walk, open to everyone, not just seniors,” explained Shanna Rockenbach, Wellness Center Manager. “This last year, however, we saw a real need for a safe space out of the weather for the community seniors to walk, and socialize, especially after being isolated for so long.”

Open to all individuals, 65 years and older with their caregiver, Senior Wellness Walks aimed to get local seniors moving and socializing to elevate their mental health and well-being. The walks started at the St. Mary’s gym in early March. Over the course of 12 weeks, 45 people registered to participate. “It was

a great opportunity to get our local seniors out and socializing,” said Rockenbach. “I really enjoyed seeing their smiles as they talked to one another and danced. We were really thankful, that St. Mary’s opened their doors. The gym provided a great space for everyone to gather, all while social distancing and continuing to wear masks.”

The Wellness Walks are now on hiatus, as St. Mary’s has closed their doors for summer break. However, the interest from local seniors has inspired the Wellness Center to find new ways to keep them connected this summer. “We’ve reached out to the City and are discussing using the ice rink and track for summer walking,” Rockenbach said. “Our summer walks will be open to the community, but we’re really encouraging our Elders to take advantage of the opportunities to keep moving and keep connected.”

The days and times of the summer walks are still to be determined, but in the meantime, the Wellness Center has reopened their doors to KANA Beneficiaries, veterans, and employees for exercise and classes.

Reach out to the Wellness Center to get a list of upcoming events and classes, and be sure to follow them on Facebook for the most up-to-date activity information.



Cache in This Summer with Explore the Rock!

KANA's Prevention team turns weekly hikes into treasure-hunting adventures

KANA's popular outdoor summer program "Explore the Rock" (ETR) is gearing up for its second virtual year. Last year, KANA Prevention staff decided to offer the program online in an effort to support participant safety and social distancing. Prevention staff recorded trail routes with detailed descriptions and pictures, and made them available on social media so that parents could lead their kids on hikes. Hikers could also submit photos to earn prizes throughout the summer.

With the weekly hikes easily accessible, Explore the Rock quickly became a family affair as whole families found themselves getting out and exploring mountain summits, forest trails, and ocean-side views. To accommodate the growing interest from families with siblings of all ages, Explore the Rock expanded to include kids in grades 3-12.

Explore the Rock was wildly successful. More than 100 kids signed up to participate. By the end of the summer, KANA Prevention had received more than 200 photo entries and an outpouring of gratitude from Kodiak

families. Explore the Rock had motivated them to get out and get active as a unit even during such uncertain times. This summer, KANA Prevention is inspired to take Explore the Rock's virtual adventure experience to the next level with geocaching.

WHAT IS GEOCACHING?

Geocaching is a type of global treasure hunt in which people look for caches, or hidden stashes of objects. All around the world, there are geocaches ranging from tiny caches that barely have room enough for a roll of paper to massive caches full of trinkets and treasures. KANA's Explore the Rock will use the app/website www.geocaching.com. On this app, hikers can look up the name of a geocache and find the GPS coordinates and sometimes, waypoints to its location. Sometimes, the geocaches are large metal boxes the size of a toaster; other times, they are small like a film canister. When hikers find a cache, they write their name and the date in a log-book hidden with the cache. Some caches have treasures inside. However, the rule is that if something is taken

out of the cache, hikers have to replace it with something of their own, so they often bring a small trinket or two to place or trade at the cache. The hikers then close up the cache and put it exactly where and how they found it for the next hiker.

WHAT THIS SUMMER WILL LOOK LIKE.

Explore the Rock will use two different websites/phone apps: www.alltrails.com and www.geocaching.com. Both are free to use. As cell phone service on Kodiak can be unreliable, be sure to screenshot and/or download trail information before hiking.

Prevention staff will record two hiking routes of different difficulty levels using the AllTrails mobile app and post them to the Prevention Facebook page. Low-intensity hikes will be posted by 10 am Monday, and high-intensity hikes will be posted by 10 am Thursday. Hikers have one week to hike at least one of the routes and submit proof that the hike was completed. Proof can include AllTrails recordings or photos of hikers on the trail in

their ETR 2021 gear, found rocks, or found caches.

Coordinates and routes to a geocache for each trail will also be uploaded. Some of the geocaches will have prizes that can be traded out, so be sure to bring a trinket! Use the Geocaching app to see the trail caches with directions. Staff will provide written direction to caches where cell phone service is unreliable.

HOW TO GET STARTED.

To participate in this summer's hiking program, visit kodiakhealthcare.org/exploretherock-2/ to download, read, and fill out the registration packet. Completed forms may be submitted by email to prevention@kodiakhealthcare.org.

There is no deadline for registering, but hikers must submit a completed registration form to be eligible for prizes and Explore the Rock gear. **Everyone is welcome to participate, but only students entering grades 3-12 are eligible for prizes and gear at this time.**

EXPLORE THE ROCK 2021 SCHEDULE

Each week, ETR will host one low-intensity hike and one **high-intensity hike**. Please note, not all hikes may be achievable by all participants. Please consider each individual's abilities before and while attempting these hikes.

All hikes are subject to change.

LOW-INTENSITY HIKES		
	May 31	Holiday, No Hike
	June 7	Burma Loop
	June 14	Abercrombie
	June 21	Heitman Lake
	June 28	Near Island
	July 5	Makeup Week
	July 12	Pillar
	July 19	Three Pillar Point
	July 26	Spruce Cape Trail
	August 2	Swampy Loop
	August 9	Boy Scout Lake

HIGH-INTENSITY HIKES		
	June 3	North Sister
	June 10	Pyramid
	June 17	Barometer
	June 24	Kashaveroff
	July 1	Old Woman's Flag
	July 8	Makeup Week
	July 15	Monashka
	July 22	Heitman Peak
	July 29	Termination Loop
	August 5	Shelly Lake

Follow us at facebook.com/exploretherockkodiak for updates.

HYDROPONICS

Farming Re-Imagined



It's harvest time as Tangirnaq Native Village Administrator Shelly Peterson and Growing Trainee Forest Astill recently farmed the first harvest of lettuce from the hydroponic growing system located at the KANA/Koniag Building. The bumper crop of lettuce was washed and packaged, and then distributed to the local Tribal Elders and households.

In the hydroponic growing system, plants are grown without soil. The seedlings are laid out in rows in trays and grown with a mix of water and nutrients, with constant light beaming within the cabinet where the plants mature within a few weeks. This enables year-round access to locally grown lettuces and greens in Kodiak's archipelago Tribal communities. The priority of the Tribally grown food will be for the almost 500 Elders and more than 700 Tribal households in our Kodiak communities.



The project, led by Project Director Robbie Townsend Vennel and community point persons: JJ Orloff and Shelly Peterson of Kodiak, Marilyn Hensen of Larsen Bay, Cynthia Berns of Old Harbor, Linda Getz of Ouzinkie and Yvonne Mullan of Port Lions, was initiated in 2018 through the Kodiak Archipelago Leadership Institute (KALI).

The grant proposal, also developed by KALI, was awarded in September 2020 by the Administration of Native Americans. The grant will fund a total of 11 growing cabinets, including larger containerized growing systems, over a three-year period. Six of the hydroponic growing systems have been installed; the remainder will be delivered and set up over the next two years.



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

Hope Howell

Patient Travel Specialist

EMPLOYEE SPOTLIGHT



Hope's close ties to her family brought her back to Kodiak nearly 13 years ago. Having been born in Kodiak and raised in Ouzinkie, it was an easy decision to leave Anchorage and return to the island when she found a position at KANA. Hope was working in the Tribal Health system at Alaska Native Medical Center when she was hired by KANA in 2008 as a Medical Receptionist/Scheduler. She soon transitioned to Contract Health and was later offered the opportunity to work in patient travel. Hope currently serves as KANA's Patient Travel Specialist and arranges patient travel for higher levels of care off island. "I love working for KANA," Hope said. "Over the years, I have met a lot of great people and have made a lot of wonderful friends."

What do you like most about your position?

What I like most about my position is being able to work with our patients, and being able to help and assist them to get to the higher level of care they need.

What do you enjoy most about living in Kodiak?

What I like most about the community is that there is always someone willing to lend a helping hand. I grew up in Ouzinkie, where most of my family still resides. I love being able to hop in a skiff and head on over there to visit.

How do you spend your time outside work?

I like to go to the beaches with my family where we beach comb, have picnics, and swim. I like going on drives out the road to Chiniak and Pasagshak to enjoy all the wonderful scenery this beautiful Island has to offer. My husband and I also like to get our two daughters out to the beaches or out on the water to fish.

What are some interesting facts about yourself?

My favorite foods are corned beef perok, halibut ceviche, and halibut poppers. YUM! I like a wide variety of music, but I do find that my playlist consists of mostly country music. My favorite color is red.

Where do you hope to see yourself in five years?

I hope to see myself continuing on and being able to help and assist our patients here at KANA.

What do you like about working for KANA?

KANA is a great place to work. I like being part of such an awesome working community.

What do you think is the most important aspect of your position?

One of my primary responsibilities is patient travel. There is a lot of work involved in arranging travel for patients. Communication is definitely key.

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

To me in my position, it means being able to help and assist our people to the very best of my knowledge and provide the best services I possibly can.

What advice would you give a young person growing up in a village community who may want to move off island (or even into Kodiak) to pursue their educational and/or career goals?

I would say to be involved and get involved with as many extracurricular activities as possible, like sports, or anything where they are able to travel and meet new people. The more you can experience, the easier it is to go off on your own adventures. I was super-shy growing up and it wasn't easy leaving the comfort of home.



Roadmap to the Well-Being of Our Kodiak Native Communities

KANA's Economic Development team, led by Economic Development Project Manager Tyler Kornelis, is updating the Kodiak Rural Regional Comprehensive Economic Development Strategy (CEDS) for 2021-2026.

“The CEDS is a regional economic development roadmap, and its purpose is to document current economic conditions, priorities, and aspirations, and how to get there,” Kornelis explained. The CEDS is funded by the U.S. Economic Development Administration (EDA) Native Planning Grant, which KANA has received for more than 10 years.

The CEDS is rewritten every five years and updated every year as needed. Kornelis has been working on the EDA grant since 2014, and this is the second big rewrite of the CEDS. The KANA CEDS is unique in that it emphasizes the inclusion of the rural village communities and Tribes in the overall Kodiak regional economy.

The CEDS promotes and protects the economic and social well-being of the Alaska Native community in Kodiak. By documenting community and regional economic priorities, the CEDS helps to secure funding for various economic

development projects. These projects can provide long-term employment and generate income for individuals and revenue for entities within the community. Projects also tackle issues communities may be facing, such as improving infrastructure and food security, which can have broad benefits for communities. The CEDS helps to move forward the sectors and industries that community members want to see grown or supported, such as fisheries or agriculture. Additionally, the CEDS is important as it builds connections between stakeholders in the region to work together on projects that improve the economy and the communities of the Kodiak region. The CEDS also addresses regional economic vulnerabilities to threats such as the pandemic, natural disasters, economic catastrophes, as well as other vulnerabilities unique to Kodiak.

Documenting economic priorities is the first step in economic development projects for the region, and can be especially helpful in securing future grant funding. “Documenting the economic priorities of the region, and updating them every five years, helps us to see where we have been versus where we are now, what has been done to achieve economic priorities, and how we can keep building on economic priorities to continue to benefit the communities of Kodiak,” Kornelis explained. Economic priorities for each village community are documented through community and regional meetings. Kornelis holds meetings with village communities and regional stakeholders, in addition to presenting at meetings with regional groups such as the Kodiak Archipelago Leadership Institute (KALI), to get feedback about past, current, and future economic aspirations for each community and the region. The priorities discussed during these meetings are grouped into economic clusters for the entire Kodiak region.

In the past, the economic clusters for the Kodiak region have been Energy, Fisheries/Maritime, Agriculture/Food Security, Environment/Indian General Assistance Program (IGAP) Consortium Program, Tourism, Broadband/Internet Connectivity, and Business Development. The strengths, weaknesses, opportunities, and threats to each economic cluster, as perceived by the village communities and stakeholders, are also documented.

Over the last five years, numerous economic goals have been achieved and projects have been funded and completed. Within the Energy economic cluster, many projects to reduce the cost of energy and increase the reliability of electricity in village communities have been completed. Major projects include the Ouzinkie Hydroelectric Turbine replacement project, which has been funded and is now in the planning stage. This project is expected to result in the community being less dependent on diesel fuel for electricity and will likely reduce the cost of energy for Ouzinkie residents. In Akhiok, there is a village-wide re-electrifica-

tion project to provide a new powerhouse and replace the electric grid throughout the community. Construction was originally set for summer 2020, but was delayed due to the pandemic, and will now be completed in summer 2021. This project will increase the efficiency of electricity generation, which will reduce the amount of diesel used, as well as reduce power outages throughout the village for more reliable electricity. Additionally, 13 energy efficiency audits were conducted on public use buildings in all 6 villages as part of a project to upgrade the energy efficiency of medical clinics in villages.

In the Agriculture/Food Security cluster, four of the six village communities have established Tribal-owned traditional farming operations in the last few years and have recently started hydroponics operations. Both projects were funded through an Administration of Native Americans (ANA) grant secured and managed by KALI. These projects provide employment, increase economic activity, and increase food security in rural villages that can face challenges to accessing fresh produce, especially during the winter months. Much of the produce grown is provided to village or Tribal elders and other community members, although Larsen Bay's Marlene Kenoyer Farm grew enough produce to export to the city of Kodiak to be sold through the Kodiak Harvest Food Cooperative. Additionally, four mariculture (kelp and shellfish) farms are in various stages of permitting. Mariculture farms are expected to increase economic activity throughout Kodiak and can provide jobs in the mariculture industry (including harvesting and processing of products), particularly during fishing “low” seasons. Mariculture can also provide climate mitigation through carbon sequestration and can maintain and strengthen communities' close connection to the sea and its resources.

In this year's CEDS update, the economic clusters have shifted slightly to be Energy, Fisheries, Agriculture, Mariculture, Broadband/Internet Connectivity, and Tourism. As some energy goals have been accomplished over the last five years, other energy priorities can be addressed moving forward, including continuing to increase energy efficiency of community buildings and pursuing renewable energy projects. Mariculture is continuing to expand, and the goal is to have eight total Tribally owned mariculture farms permitted within the next two years. Additionally, this CEDS update will include military impacts on the economy of the Kodiak region, which historically have not been included in the Kodiak Regional CEDS. The updated CEDS document is open for public comment until the end of June and is posted on KANA's website on the Economic Development page, under the Community Services tab. If you have any questions or comments, please contact Tyler Kornelis at tyler.kornelis@kodiakhealthcare.org or 907-486-1393.

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SELECTING A LEADER FOR KODIAK AREA NATIVE ASSOCIATION

Kodiak Area Native Association has engaged with The Foraker Group to conduct a thoughtful, professional, and thorough process of hiring a new leader.

KANA will keep the Kodiak community's needs and concerns in mind, and takes this responsibility seriously. We will act in a timely way as we work toward a decision, and ultimately the successful orientation of our new leader.



KODIAK AREA NATIVE ASSOCIATION

We're Hiring!

We offer a wide range of career opportunities for those who are eager to develop their skills while contributing to our dedicated team.

KANA's outstanding employment benefits include:

- Group Medical, Dental, and Vision Benefits
- Life, AD&D, Short-Term, and Long-Term Disability Insurance
- 401(k) Retirement Plan with 7% Employer Contribution
- Eleven Paid Holidays
- Paid Time Off
- Employee Assistance Program (EAP)

Check out these great employment opportunities currently available:

- Behavioral Health Aide – Ouzinkie & Port Lions
- Community Health Aide – Larsen Bay, Old Harbor, Ouzinkie, & Port Lions
- Kaguyak Tribal Manager – Akhiok
- CHAP Clinic Navigator – Old Harbor
- Title VI Cook – Larsen Bay & Old Harbor
- Village Public Safety Officer (VPSO) – Larsen Bay
- Credentialing Specialist
- Facilities Support Technician III
- Health Administrator
- Infection Control/ Employee Health Nurse
- Licensed Practical Nurse (LPN)
- Massage Therapist
- Nutrition Educator WIC
- Occupational Therapist (Infant Learning Program)
- Speech Language Pathologist (Infant Learning Program)

Visit www.kodiakhealthcare.org/careers to view the full list of our employment opportunities.