

Promoting Wellness and Knowledge for Kodiak's Native People

Qik'rtarmiut Asiitmen

KODIAK AREA NATIVE ASSOCIATION

UKSUQ / WINTER 2022



In the Kitchen with Gayla Pedersen

a local Kodiak chef shares with us
her passion for wild harvest and a
family favorite recipe



4 Recent Events

We've been busy! Catch up on recent events, including: KANA's 55th Annual Meeting, the first Tribal Electronic Waste Recycling event, and view progress on the Kodiak Marketplace project!

Elder Ruth Dawson and her great-grandson Carson Strain, light the oil lamp during the 55th Annual Meeting.

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KANA'S SEARCH IS PROGRESSING FOR A NEW CEO

Over the last several months, the KANA Board of Directors has been engaged in a search for KANA's next Chief Executive Officer (CEO). This is the most important decision a Board makes, we are taking our time to ensure a thoughtful and thorough process.

A major step in this process has been to gather perspectives from the Board, KANA staff, partner organizations, the communities of the Kodiak region, and, of course, from the people we serve. These stakeholders have let us know what they see as the most important characteristics of a KANA Leader. The Board has used this information to prepare a position profile that describes the attributes we believe are most essential for the next CEO to succeed.

To attract the best possible group of candidates, applications are accepted through January 14. We are seeking a diverse pool of applicants, from a variety of backgrounds, to find a candidate that not only has the skills and experience to lead our staff, but who will also be able to understand and respect the life experiences of our Native Beneficiaries.

The Foraker Group is helping us in our CEO search. You will find the job announcement, the position profile, and the

process for applying on the Foraker website at <https://www.forakergroup.org/site/index.cfm/cboard-view/8248>. If you or someone you know match the qualities described in the position profile, and are interested in being part of KANA's next chapter, please let us know! To submit an application, learn more, or even just pass along a reference to someone you think would make a great candidate, you can call or email Foraker Group's Allison Fong at 907-743-1215 or KANAsearch@forakergroup.org.

The KANA Board of Directors are thankful for the support of our Beneficiaries and KANA staff for your continued commitment to our mission. We look forward to KANA's future and all that we can accomplish together.

KANA RECEIVES MEMBER OF THE YEAR AWARD



In October, the Kodiak Chamber of Commerce awarded its 2021 Member of the Year award to "Kodiak's Medical Community," comprised of KANA, the Kodiak Community Health Center, Providence Kodiak Island Medical Center, and the Kodiak Island Ambulatory Clinic. The Chamber presents this award to Chamber of Commerce members who, through their actions, efforts, and dedication have exhibited an unflinching commitment to bettering the Kodiak community.

KANA and the other members of the Kodiak Medical Community were recognized as having been crucial for Kodiak's ability to respond to the pandemic and keep our community safe and healthy. Our health care providers made vaccinations available to those Kodiak residents living in town and in the rural communities who chose to get vaccinated. We have offered COVID-19 testing to help control community spread, enable safe travel in and out of communities, and helped people make informed decisions with quick results about infection status. The Chamber recognized that these services were important to keeping our commercial fisheries operating, allowing tourists to travel to and from our island, and facilitating in-person instruction in our schools, which are just a few benefits derived from these programs. The effective management of the pandemic has played a critical role in economically safeguarding businesses in the Kodiak region.

Congratulations KANA!

Recent Events

KANA HOSTS 55TH ANNUAL MEMBERSHIP MEETING VIRTUALLY

On November 6, 2021, KANA hosted its 55th Annual Membership Meeting. For the second year in a row, the meeting was hosted virtually, permitting KANA Beneficiaries, staff, and community members to attend the meeting safely due to the ongoing COVID-19 pandemic.

Some of the highlights of the meeting included the traditional lighting of the lamp ceremony, conducted by Ruth Dawson and her great-grandson Carson Strain, and an invocation delivered by Tangirnaq Native Village Board member Margaret Roberts. Video messages from members of the KANA staff were shared, including reports from KANA's Medical Department and Community Services programs. Guest speakers for the event included Alaska Native Tribal Health Consortium (ANTHC) President & CEO Valerie Nurr'araaluk Davidson, Alaska Native Medical Center (ANMC) Administrator Dr. Robert Onders, and BDO Assurance Office Managing Partner Joy Merriner.

The 2021 Election for the KANA Board of Directors included the chapters of Alutiiq Tribe of Old Harbor, Kaguyak Village, Native Village of Port Lions, and Sun'aq Tribe of Kodiak. Incumbent Directors Alfred Cratty, Jr. (Old Harbor) and Phyllis Amodo (Kaguyak) were re-elected. Newly elected Directors Nancy Nelson (Port Lions) and Jeannine "JJ" Marsh (Sun'aq) have joined the Board.

ETSS CASE WORKERS DELIVER SMILES WITH GIFT BASKETS



This past November, KANA's Employment, Training and Support Services (ETSS) staff delivered gift baskets, along

with meals from Java Flats, to our Elder Beneficiaries in the Kodiak community. The gift baskets and meals were also sent out to our village Elder Beneficiaries. Gift baskets were filled with home goods and kitchen items, including local items from the Kodiak Tea Company, Kodiak Harvest Co-Op, Alaska Wildflower Honey, and Gayla Pedersen.

In total, 247 Elder Gift Baskets and just over 400 meals were delivered to 233 households in the city of Kodiak, while 159 Elder Gift Baskets, and 197 meals were delivered to the villages.

A FIRST FOR KODIAK: TRIBAL ELECTRONIC WASTE RECYCLING

The first Kodiak Tribal Electronic Waste Recycling Event was held on December 9 and 10, 2021. The event was sponsored by Matson's Caring for Alaska and co-facilitated by KANA and Backhaul Alaska. The two-day event took place on the Kodiak Road System and was free and open to the public. Approximately 1,500 pounds of mixed electronics were collected from the community during the event. KANA and Backhaul Alaska staff members have also been working with tribal environmental staff and city personnel in four villages to help coordinate the shipments of electronics to be included in this event and other regional efforts. All electronics will be shipped south by Matson to Backhaul Alaska's approved vendor, Metro Metals in Tacoma, WA, where they will be processed.



FREE SMOKE DETECTOR INSTALLATION

American Red Cross, KANA, and local authorities are working together to install free smoke detectors in our village communities and in the city of Kodiak.

The National Fire Protection Association (NFPA) recommends replacing smoke detectors every 10 years. The smoke detectors to be installed have a 10-year warranty and are powered by sealed, lithium batteries that have a life of 10 years (the life of the alarm), which means that they are always on.

The NFPA recommends installing at least one smoke alarm on every level of a home (including basements), in every bedroom, and outside each sleeping area.

Some of the benefits of smoke detectors include the following:

- They help keep you, your family, and your pets safe.
- They decrease the risk of fire damage.
- They allow for round-the-clock fire monitoring.

If you are interested in having free smoke alarms installed in your home, please contact your local coordinator:

- Akhiok – VPSO Speridon Simeonoff: (907) 836-2232
- Larsen Bay – VPSO Dale Boring: (907) 847-2262
- Old Harbor – VPSO Willem Pretorius: (907) 286-2275
- Ouzinkie – Mayor Elijah Jackson: (907) 512-9672
- Port Lions – City of Port Lions: (907) 454-2332

For additional information, please contact Tim Brady, KANA's VPSO Coordinator, at (907) 486-9835.

IRT CHAMPION OF THE YEAR: NICHOLE PRUITT

Nichole Pruitt, KANA's Grants Director was selected as the Department of Defense Innovative Readiness Training (IRT) program FY21 Champion of the Year for her work with coordinating Kodiak Arctic Care 2021. Nichole was recently recognized during a virtual event at the IRT Annual Meeting:

"Our IRT 2021 Champion of the Year is awarded to Nichole Pruitt of KANA for her selfless devotion of personal time, commitment, and support to the IRT program. The Champion of the Year award goes to an individual who led efforts to gain momentum for the IRT program in their community. Through extensive outreach, Ms. Pruitt promoted IRT in her local network while also encouraging community members as well as other organizations to get involved with the Kodiak Arctic Care IRT mission."

Congratulations, Nichole, and thank you for your tireless contribution to helping bring no-cost health services to our Kodiak communities!

KANA MARKETPLACE CONTINUES TO MAKE PROGRESS



Meet your newest KANA Directors



Jeannine "JJ" Marsh *Sun'aq Tribe of Kodiak*

" Having a strong tribal voice... is vital to ensure that services are equitable, culturally appropriate, and that they meet the needs of our Beneficiaries.

Jeannine "JJ" Marsh was elected to KANA's Board of Directors to represent the Sun'aq Tribe of Kodiak (STK) chapter. She is the daughter of the late Mary and Joseph Jensen and the granddaughter of the late Eli and Lena Metrokin. She has had the privilege of being raised in Kodiak by both her parents and grandparents and states that this positive influence instilled in her a deep respect for Elders and taught her to honor the land and sea for all that they provide. She has three children and four

grandchildren who keep her busy. She enjoys spending time with them and teaching them everything she knows about their rich culture and heritage.

JJ is passionate about helping others. She credits her former 24-year career at KANA (1990-2014) with helping her shape this passion and allowing her to realize it by advocating for Beneficiaries and families in the Koniag Region. JJ values her tenure at KANA, as her long patient-focused career has helped her establish close connections with KANA's families. In 2014, she accepted the position as Tribal Administrator for STK – a position she continues to hold today.

Because of her current position with STK, she enjoys the privilege of promoting expanded services including services for Elders and tribal membership. "Having a strong tribal voice representing STK is vital to ensure that services are equitable, culturally appropriate, and that they meet the needs of our Beneficiaries," said Ms. Marsh. "Additionally, I am committed to communicating the operations of KANA and other ancillary organizations to the STK Council and members to ensure that we are at the table when new and expanded services are being developed."

She has served on the Natives of Kodiak (NOK) Board as a Director since 2013. Serving on the NOK Board has allowed her to gain a deeper understanding of the business sector as well as of how Alaska Native Corporations operate. She also represents STK on the KANA Health Services Advisory Committee and has been a Tribal Court Judge for STK for the past eight years.



Nancy Nelson *Native Village of Port Lions*

" The health and well-being of our people are most important to me. I have worked to serve people my entire life.

Nancy Nelson is the daughter of late Willis and Martha Nelson and grew up in Afognak. Her family relocated to the newly developed Village of Port Lions in 1964, after the earthquake destroyed the village. Nancy comes from a large family, which includes two brothers and four sisters, and feels blessed to have 14 nieces and nephews. She enjoys spending her free time crafting, beach-combing, fishing, baking, and cooking.

After high school, Nancy attended the University of Alaska, Anchorage before moving to Kodiak. "When I first moved to Kodiak, I worked at Safeway for a few months when it first opened," recalled Nancy. "I then moved to Sutliff's True Value Hardware, where I worked for 10 years checking in freight, and, later as a Purchase Agent." In pursuit of her passion for helping people, Nancy joined KANA, where she started out in the dental department. She later transitioned to Tribal Vocational Rehabilitation as an Assistant and, later as a Manager and Vocational Rehabilitation Counselor. During her time with KANA, Nancy also took the initiative to complete her bachelor's degree in social work.

After 10 years at KANA, Nancy left to work for the Native Village of Afognak, where she worked with the Healthy Relationship grant and camp. She subsequently worked as the Youth Dig Afognak Camp Manager and Environmental Coordinator until her retirement in March 2021. Nancy then returned home to live in Port Lions.

Even after retirement, Nancy remains very active in the community. "I am a commissioner for the Kodiak Island Housing Authority and serve as the Vice President, an alternate on the KANA Health Services Advisory Committee, and the President for the Native Village of Port Lions Traditional Tribal Council," she shared.

Nancy is looking forward to the challenges that serving on KANA's Board of Directors will bring and is proud to be representing her community. "The health and well-being of our people are most important to me," Nancy stated. "I think I followed in my parents' footsteps, who worked to serve people. I too have worked to serve people in some aspect my entire life."

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

EMPLOYEE SPOTLIGHT



Sabrina Anderson Patient Access Manager

A member of the Native Village of Chignik Lagoon, Sabrina Anderson is the daughter of Ronald Anderson—son of Algot and Louise Anderson of Chignik Lagoon—and Lana Simpson—daughter of Frank and Lana Kozak of Kodiak. Born in Kodiak, Sabrina spent most of her childhood in Homer and Chignik Lagoon, spending her summers commercial salmon seining and pursuing subsistence. She received her Certificate of Community Health from the University of Alaska Fairbanks and served as a Health Aide/EMT-1 in Chignik Lagoon for five years before relocating to Kodiak in 2017. She currently serves our patient population as KANA's new Patient Access Manager.

What do you like about working for KANA?

From the moment I started working at KANA, everyone has been very helpful and friendly. I really enjoy the company of those I work with. I also appreciate that KANA encourages growth and advancement for employees. My recent promotion is a testament to that.

Tell us a little bit about your professional background.

I attended college in Hawaii for a while before earning my certification in community health from the University of Alaska Fairbanks. Much of my experience is centered around customer service, since I have worked in the tourist industry, retail, as a security guard, and, lastly, in health care.

I was a Health Aide/EMT-1 in Chignik Lagoon before coming to KANA. I found it very rewarding to be of assistance to my Elders and serve such a small community. It also had its challenges, but, as a result, it broadened my knowledge and expanded my personal growth.

As much as I loved being a Community Health Practitioner and living in the village, I was ready for a change of pace. I have extended family here in Kodiak. When I joined KANA, I started out as a Patient Services Representative—a position which was later renamed Scheduling and Registration Specialist. Then, in 2019, I was promoted to Patient Access Lead, and have continued to work my way up. I was most recently promoted to Patient Access Manager.

What do you like most about your position?

I like that my current position as Patient Access Manager will challenge me in new ways, broaden my knowledge, and allow me to continue growing in my career.

What do you consider the most challenging aspect of your position?

My job requires multi-tasking, and it can be challenging not to drop one of the many tasks I may be juggling.

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

It means to provide the best service by not only meeting the person's needs but also exceeding their expectations and to have the person leave in a better place than when they came in.

How do you spend your time outside work?

In my free time, I like to spend time out in nature: kayaking, gardening, and harvesting wild plants. I also enjoy reading and spending time with family.

What are some interesting facts about yourself?

I like to travel! As a senior in high school, I went to Sweden as an exchange student, and have lived in Hawaii, Washington, and Montana. I've traveled both the east and west coasts of the US and a few states in between. One of my favorite trips was a month-long road trip in New Zealand.

CHILDREN'S DENTAL HEALTH By the Numbers



TOOTH DECAY IS THE

NUMBER ONE

chronic infectious disease among children in the United States but is largely preventable.

TOOTH DECAY AFFECTS

42%



of children between the ages of 2 and 11.

51 MILLION

school hours are lost each year due to dental problems.




About **60%** OF CHILDREN HAVE HAD AT LEAST ONE CAVITY BY THE AGE OF 5.



Today, **1 IN 5 CHILDREN** have untreated tooth decay.


TIPS FOR HEALTHY SMILE



BRUSH 2 TIMES DAILY.



FLOSS
Add flossing to daily brushing routine as soon as your child's dentist recommends it.



AVOID SODA POP
The combination of sugar and acid breaks down teeth.

Keep your kids smiling!

KANA provides a full range of dental and oral health services as a part of our goal to provide comprehensive whole person care.

Schedule an appointment **907.486.9870.**

Join our team!
kodiakhealthcare.org/careers

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.

FEBRUARY IS HEART HEALTH MONTH

Dr. Derek Bowers,
KANA Physician

February is American Heart Month, and we want to encourage you to make some positive, personal decisions toward the prevention of heart disease.

Did you know that heart disease is the leading cause of death among both men and women? More than 600,000 people die annually of heart disease, and another 135,000 die from strokes. But did you know that it's mostly preventable? According to KANA Physician Derek Bowers, it's about the decisions you make every day that build up over time when it comes to heart health. "A heart attack or stroke is the result of something that's been building for years," says Bowers. "Damaged blood vessels from smoking, diabetes, high blood pressure, and high cholesterol increase your risk of heart attack or stroke. Healthy blood vessels are smooth and elastic; when you leave things like smoking, diabetes, and high blood pressure and cholesterol unchecked for a long period of time, the blood vessels become rough like tree bark. They become less elastic and harden. This is when you run the risk of suffering a heart attack or stroke. While there are genetic factors that render certain people more susceptible to these conditions, we know that lifestyle plays a major role."

If you've allowed yourself to ignore your heart health, don't fret! There are many things you can do to protect your heart, stay healthy, and reduce your risk of heart attack or stroke.

1. QUIT SMOKING. "Smoking more than doubles your risk of heart attack or stroke," says Dr. Bowers. "Even if you exercise, eat healthy, and are taking steps to be healthier, if you are still smoking, you are working against yourself. All that effort goes to waste. While it's easy to dismiss the risk associated with smoking, not smoking is one of the best

things you can do for yourself." Your KANA provider can help you access the resources, medications, and tools to help you quit.

2. GET ACTIVE. "It's important to get moving and to do it often," says Dr. Bowers. "You don't have to become a marathon runner to help your heart health. Stand up and move around; build movement into your day. Start with 20 minutes and build from there. The KANA Wellness Center is an excellent resource to support a regular exercise routine, especially during the winter when it can be dark and icy. In

essence, it's about choosing a way to stay active that you can do every day, that you enjoy, and that you can build into your lifestyle—which will make you successful.

3. EAT SMART. A healthy diet full of heart-smart foods is essential for a healthy heart and lifestyle. Salmon, nuts, berries, and oats are just a few of the heart "superfoods" that may help reduce the risk of atherosclerosis. To reap the full benefits of a heart-healthy diet, it's important to limit the intake of nutrient-poor junk foods. Added sugars, saturated fat, and excessive sodium can all negatively impact heart health, as well as overall physical health. These foods, when eaten in excess, can cause weight gain, raise blood pressure, and clog arteries, which are all risk factors for heart disease. This doesn't mean you have to skip that slice of pizza on Friday, or that birthday dinner you have planned. "It's all about moderation," says Dr. Bowers. "Maintaining healthy eating habits doesn't mean you have to eat healthy all the time. It means you know when and how to make good choices for yourself."

4. KNOW YOUR NUMBERS. Maintaining a healthy weight, blood pressure, and total cholesterol plays a significant role in maintaining a healthy heart. "It's important to get yearly physicals and stay in touch with your doctor," says Dr. Bowers. "At KANA, we are able to help folks with diabetes, high blood pressure, cholesterol, and other chronic conditions manage their health. We regularly follow up with our patients, and help them manage their medications and labs. We work with an endocrinologist, who helps us monitor our diabetes patients, and guides us in our work with them. We also have the at-home blood pressure monitoring program for people who are identified as having high blood pressure. They are given a home monitoring device to help monitor

their blood pressure, and the data is sent back to us. We're able to use the information about what their blood pressure is like in other settings outside of the clinic to help with the management of their conditions.

5. KNOW THE SIGNS OF A HEART ATTACK OR STROKE. "Many of the risk factors for a stroke and heart attack are the same, including smoking, obesity, and a sedentary lifestyle," explains Dr. Bowers. For example, high blood pressure strains the walls of your blood vessels, and over time, they lose their elasticity and are less likely to expand as needed to maintain healthy circulation. Poor circulation can increase your risk of experiencing a stroke or heart attack. "While they are similar conditions, a stroke involves a blockage of the blood vessels in the brain, while a heart attack involves a blockage of the blood vessels in the heart; the symptoms for both are also different." The symptoms of a stroke include unexpected dizziness or loss of balance that makes walking or other physical activities difficult; weakness or numbness in limbs or face (often only on one side of the body), a severe headache, unusual blurriness in one or both eyes, and difficulty in speaking or understanding communication.

Heart attack symptoms may occur suddenly or get worse over time and include chest pain or tightness, unexplained pain in the arm or shoulders, unexplained pain in the back, neck, or jaw, shortness of breath, and weakness, dizziness, or fainting. A heart attack may also be accompanied by unusual tiredness, nausea, or vomiting. "For women and diabetics, it's important to know that your symptoms may be atypical, like severe shortness of breath," says Dr. Bowers. "Never ignore something that doesn't feel right."

SHOW YOUR HEART SOME LOVE THIS WINTER

TRY THE KANA WELLNESS CENTER

Find us on Facebook @KANAWELLNESSCENTER

OPEN: M-F 5:30AM - 8:00PM
SAT & SUN 8:00AM - 2:00PM

IN THE KITCHEN WITH:



Gayla Pedersen

Gayla is a local chef known for using both locally sourced ingredients and those grown in her garden. She's passionate about wild foods, and food as medicine. She also believes that the importance of wild harvest is an ever growing birth-right, she is actively trying to restore.

Gayla was raised in Kodiak, in the Monashka Bay Area in the winters. In the summer, her family fished around Chignik and the surrounding areas. She considers her upbringing on the ocean a part of the reason she chose to pursue culinary school.

How did you get into cooking, and when did you realize it was something you wanted to pursue professionally?

My love of cooking started a long time ago. I had cousins who were older than me and could make simple dishes (we were quite young). I remember my cousin Kaisha teaching me how to make egg sandwiches, and I was really impressed by her “knowledge” and independence. However, it wasn't until it came time to graduate high school that I chose to pursue cooking to further my education. I remember the day, during fisheries class, when the instructor, Jane Eisemann, was telling us about a cook who worked on a yacht. It was then I decided this is what I wanted to do; it seemed like a natural choice, since I had grown up on a boat and liked being at sea. After my graduation, I moved to Hawaii, attended culinary school, and have been in and out of the industry for 25 years.

What does your kitchen/garden look like?

My kitchen looks like an overstuffed apothecary/bakery/laboratory with a disappointing lack of counter space. My garden, on the other hand, looks like a forest slowly whittled down to a garden. It's a wild mixture of medicinal plants and herbs growing under and around fruit trees, with thoughtfully placed vegetable beds surrounded by berry bushes and wild roses. It's probably my favorite place to be.

What advice would you give to someone who wants to explore cooking?

Start with something you like, and try something new. Start small, and when converting a recipe, write it down to keep it straight.

What sort of projects are you working on?

My yard is my forever and ongoing project. My main objective it's to mindfully fill my property with food and medicine sources that need little to no care, and return year after year. When things become established and naturalize, production goes way up, and there is enough for more than just my family. Wintertime, however, is my time for art and experiments, which is a perfect creative complement to the medicine harvesting and making and food growing that goes on during spring and summer, and continues into the fall. Doing art projects and home improvement during the winter gives me time to integrated and process the activities of the more active months.

What message do you hope to communicate through your cooking?

Grow/harvest your own food. If that isn't possible, partner up with someone. There is often more than enough to go around. It's just a matter of a little extra footwork to get things into the right hands.

What message would you like to give our readers?

Cooking is a beautiful part of life that doesn't have to be a chore, especially if it can become communal. Harvest food with friends and learn how to use what the land provides. There's free food out there waiting for you! Most importantly, learn how to harvest responsibly. Proper harvesting can perpetuate the species, yielding larger harvests in the subsequent years, while improper harvesting can decimate a plant species, wiping out our free food source.

MAKE IT LOCAL!



Kenegtaq

Lingonberry

The lingonberry, also known as the low-bush cranberry, is a small, mat-forming, evergreen shrub that produces edible, sour, round, red berries. They grow in Kodiak's open woods, bogs, and tundra habitats. Often gathered from late August to late September, when the berries are dark red, local Native's once stored them in containers of oil or in cold water. Lingonberries are used in a variety of dishes including soups, meat sauces, jams, and desserts where they are often mixed with fat, sugar, and milk.

Information courtesy of the Alutiiq Museum Plant Gallery.

Whipped Lingonberry and Walnut Butter with Orange Zest

Gayla shares a lingonberry recipe, a family favorite that was passed down by her Aunt. She serves this for at least one of the winter holidays with fresh baked bread.

INGREDIENTS

- 1 stick of salted butter—softened
- ¼ cup brown sugar—packed or unpacked depending on how sweet you like it
- ¼ cup of runny honey
- ¼-½ cup finely chopped toasted walnuts (or use any soft nut you like)
- Zest from half to one whole orange (or lemon if you prefer)
- 2 tbs-¼ cup buttermilk

DIRECTIONS

- Place softened butter, brown sugar, and honey into a large mixing bowl. Mix them using a hand mixer or stand mixer on medium speed for 1-2 minutes or until butter mixture becomes pale yellow, light, and fluffy.
- Next, add your chopped berries and nuts (berries can be left whole for a better texture) and orange zest, and mix to combine.
- Last, add your buttermilk and whip the mixture until fluffy and combined.
- Salt can be added if desired (recommended if using unsalted butter). Use to top anything you like, from pancakes to dinner rolls.

Beat the Blues this Winter

Winter in Alaska often brings various challenges – icy roads, ever-changing weather, and cold temperatures. Unsurprisingly, one factor that often affects individuals negatively is the reduction in daylight hours. As winter progresses, the days become shorter and starts getting darker. As it gets darker, folks might begin to feel sad, isolated, and even depressed. This is often referred to as the “winter blues.”

For some, seasonal shifts in mood can turn into a significant problem that interferes with their daily life. This is often categorized as a mood disorder called Seasonal Affective Disorder (SAD). SAD can occur with the arrival of winter or summer. It might include symptoms of major depression, such as feeling depressed, losing interest in activities that used to be enjoyable, sleep disruption, lack of energy, and so on. Additionally, during winter, those experiencing SAD may notice they are sleeping too much (hypersomnia) or feeling a strong desire to withdraw from others. Over-eating and weight gain are also common.

So what should you do if you’re experiencing winter blues? Find ways to stay active and engaged. Have you been thinking about joining a dance class? Now’s the time! Do you have pets that need to go for a walk every day? Maintain that routine! Are you interested in yoga or a healthy cooking class? YouTube offers a multitude of options! Increasing

Symptoms of winter blues and Seasonal Affective Disorder (SAD) appear to be similar at the onset and may include the following:

- Sleep issues (either too much or not enough)
- Feeling fatigued to the point where it is difficult to carry out daily routines
- Overeating and/or strong cravings for “comfort foods”, especially carbohydrates
- Lack of interest in normal activities
- Social withdrawal

your Vitamin D intake might also help. Some people opt to purchase a light bar that exposes them to bright light during the dark winter days.

The good news is that, we are past the winter solstice and, in the coming days, we will see a gradual increase in daylight hours. Even if you notice your winter blues diminishing, it is still a great idea to maintain your healthy practices and stay active and engaged; this will help you develop good habits so you are prepared if the blues return.

If you are concerned that your symptoms are starting to interfere with your ability to live a balanced life, talk to a doctor about options. Counseling or medication might be helpful. We can also help; call 907.486.9870 to get connected.

We're Hiring!

Our employees are the source of our success and they share our commitment to our customers. KANA employees work across departments to ensure the best and most cohesive services possible for our patients and clients. KANA offers a wide range of career opportunities for those who are eager to develop their skills while contributing to our dedicated team.

Our goal is to attract and retain talented individuals with the enthusiasm and dedication to join us in our mission. We are proud to offer rewarding careers in health care and social services with an excellent employee benefits package and competitive compensation.

KANA'S OUTSTANDING EMPLOYMENT BENEFITS INCLUDE:

- Group Medical, Dental, & 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)
- Free Membership to our KANA Wellness Center
- IHS, NHSC & SHARP loan repayment site eligible

CHECK OUT THESE GREAT EMPLOYMENT OPPORTUNITIES CURRENTLY AVAILABLE:

- ILP Speech Language Pathologist
- Village Family Nurse Practitioner
- ILP Occupational Therapist
- Behavioral Health Aide - Port Lions
- Tribal Administrator
- Massage Therapist
- CHAP Clinic Navigator - Old Harbor
- Community Grants Accountant
- Addictions Counselor
- Clinical Informatics Specialist
- PC Technician II
- CAC Clinician
- Revenue Cycle Manager

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



Join our team!
kodiakhealthcare.org/careers

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.

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

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We're encouraging everyone to make clean hands a healthy habit at home and away!

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Studies have shown that hand washing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

Follow these five steps every time.

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.
- If soap and water aren't available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.



1. WET HANDS AND APPLY SOAP



4. CLEAN BASE OF THUMBS



2. RUB PALM TO PALM



5. RINSE HANDS WITH WATER



3. SCRUB BETWEEN YOUR FINGERS



6. DRY HANDS WITH A TOWEL



Need Medical Advice?

Help is just a phone call away.

907.486.9870

KANA's Nurse Advice Line is available 24 hours a day, 7 days a week.