



KODIAK AREA NATIVE ASSOCIATION

Kodiak Native Wellness News

Qik'rtarmiut Asiitmen



Promoting Wellness and Knowledge for Kodiak's Native People

SEPTEMBER / OCTOBER 2017

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Learn all about Terry and the KANA van on pages 8-9!



Gayla Pedersen, Gwen Sargent, Destiny Ritter, and Shannon Blackman working in the kitchen during the Women's Wellness Retreat on Woody Island in August.

Nerkina!

(You should eat!)



PRESIDENT'S LETTER



Greetings!

One year ago, we celebrated fifty years of KANA providing health care and social services to our community. We highlighted the organization's growth and resourcefulness over five decades and promised to continue our effort towards achieving our vision where the best health care is available to all people on Kodiak Island. As we wrap up our 51st year, I'm pleased to share that we continue to evolve and expand in response to the changing needs of our community.

Nearly 4,000 patients received 5,859 procedures this spring during Arctic Care 2017. U.S. military and Canadian Health service members prepared for worldwide deployment by setting up temporary clinics in Kodiak and most of our villages. Many underserved community members benefited by receiving medical, dental, optometry, and veterinary services at no cost.

Our Tobacco and Suicide Prevention team held workshops, such as COMPASS, where community members were trained to help decrease domestic violence by providing positive role modeling for our youth. Outdoor programming like Explore the Rock and Tuesday Activities at Baranof Park gave healthy summer options for students while developing their practical and social skills. Recently, Prevention staff earned certifications in new training methods for suicide prevention, which they will share with villages in the coming months.

We've seen similar accomplishments throughout all of our departments. KANA Community Services completed a massive village clean-up of toxic metals, and our Parenting with Love & Limits (PLL) program set a national record for most clients served. We added an Oral Surgeon to our Mill Bay Health Center team, and even this newsletter has expanded, showcasing the positive impacts made to our community through culture and wellness.

Moving forward, we will continue to focus on enhancing customer service and improving our responsiveness to patient feedback. It is your input that helps KANA to develop creative solutions to our unique challenges. In our effort to increase the ways in which we deliver information, we are establishing new portals of communication and expanding our outreach to communities to increase awareness of our services. As an organization and as a region, our successes are a direct result of collaboration with the people we serve.

It will be my pleasure to share more at this year's Annual Meeting on Saturday, October 7. We will meet at Afognak Native Corporation on Near Island to review the past year, conduct annual Tribal business, and share time with fellow Beneficiaries. I hope to see you there.

Respectfully,

Andy Teuber
President and CEO

Recent Events

Don't miss out on upcoming events!
Sign up to receive emails with news
and updates at kodiakhealthcare.org

World Breastfeeding Week at KANA WIC

WIC celebrated **World Breastfeeding Week** on July 28 with a party at the Mill Bay Health Center. Each pregnant and breastfeeding mother who attended received a nursing bra and a goody bag. Some mothers walked away with door prizes, including free exercise classes donated by A Balanced Approach. Women had the chance to share their experiences with breastfeeding and parenting with other mothers. **The KANA WIC Program** has the highest rates of breastfeeding initiation in Alaska. For information on the WIC program or breastfeeding, call the KANA WIC office at 907.486.7312.



Rosa Cruz, Jaelene Johnson, and Roberta Detorres at World Breastfeeding Week. Attendees received nursing bras and goody bags.



Marti Murray speaks at a workshop on genealogy.

Genealogy Workshop

Tangirnaq Native Village and KANA hosted a **Genealogy Workshop** in August. Local researcher Marti Murray presented a history on Alaska Native ancestral research and shared methods for participants to discover their own family trees with online and local resources.

The Annual Meeting of the Kodiak Area Native Association takes place Saturday, October 7. Two tribal chapters will each elect a Director at this year's meeting to serve on the KANA Board. Current Board members Loretta Nelson and Speridon Simeonoff are both on the ballot for reelection in 2017.

Loretta Nelson

Loretta Nelson, daughter of Willis and Martha Nelson from Afognak and Port Lions, has served on the KANA Board since 2004. Born in Kodiak, raised in Afognak until the 1964 tsunami, and relocated to Port Lions with her family, Nelson developed a desire to serve her community at a young age. She began as a KANA Health Aide in Port Lions.



"It's the people that tie me to KANA. Serving the people and making sure that they are getting the best services possible is something I'm very passionate about." While serving on the KANA Board, two Board accomplishments stand out: creating the new KANA building on Near Island and hiring Andy Teuber as KANA President. "Andy worked hard to accomplish the new building and put in hard work to get the KANA services we now offer, that have never been better than what we offer today, particularly medical services. We've never had the amount of doctors that we do now, our new pharmacy equipment, and the new automated refill service program in the pharmacy."

Nelson brings to the Board a knowledge and love of health care from her early CHA days. After the Exxon oil spill in 1989, Loretta relocated to Kodiak and began working for Afognak Native Corporation, where she worked for twenty years as the Shareholder Relations Manager, and for the last six years served as a Board member. As well as serving as Chairman for the Native Village of Afognak for the past ten years, Nelson especially enjoys representing the Afognak tribe on the KANA Board. "The Board is an excellent team of people. Although we come from different tribes, when we sit down at the KANA Board table, we are one group working together for the KANA Beneficiaries."

She emphasizes her open-door policy and welcomes input from all Kodiak Alutiiq people, not just those of Afognak. "I would like the Beneficiaries to know that if they have concerns, issues, ideas or suggestions, I'm here, and they can contact me on my cell phone 907.229.6596, and my email address is Loretta.nelson2@kodiakhealthcare.org."

Nelson looks forward to working with the Beneficiaries and continuing KANA's progress.

Speridon "Mitch" Simeonoff, Sr.

Speridon "Mitch" Simeonoff Sr. is Suqpiq Alutiiq from Akhiok, Alaska. He was born on December 19, 1951. Mitch comes from a fishing family and has been a fisherman all his life. He graduated from Kodiak High School in 1972, after which he worked on the Alaska Pipeline.



Having raised three children in Akhiok, he currently enjoys time spent with his nine grandchildren and two great-grandchildren. Not only is Mitch well-known locally, but his leadership skills—along with his patient, generous nature—are also well known throughout the state.

Mitch has been a member of the Alaska Native Harbor Seal Commission (ANHSC) since it started in 1995, and Board Chairman since 2003.

He also serves his people on these other boards and committees:

- Kodiak/Aleutians Subsistence Regional Advisory Council, Chairman
- Native Village of Akhiok Tribal Council, Council Member
- Kodiak Area Native Association (KANA), Board of Directors

Nearly three decades ago, Mitch helped to start the Akhiok Kids Camp, inspired by taking his own kids camping every summer. Mitch has continued to help host the camp, inviting campers from all around Kodiak Island to participate, including the Kodiak Alutiiq Museum.

Mitch is an advocate for children's services, and feels strongly that children should be taught their native language so they may identify themselves with their culture.

Through his tenure he finds a great sense of pride towards the development of a child advocacy program within KANA. This is a program that takes a proactive approach to the prevention of child abuse and neglect. Mitch credits his accomplishments to a choice he made in 1993 to live a life of sobriety.

SAVE THE DATE!

KODIAK AREA NATIVE ASSOCIATION

ANNUAL MEETING

SATURDAY
OCTOBER 7, 2017

AT AFOGNAK NATIVE CORPORATION
300 ALIMAQ DRIVE (NEAR ISLAND)

REGISTRATION 9:00AM
CALL-TO-ORDER 10:00AM

The Annual Meeting of the Kodiak Area Native Association will be held this year on Saturday, October 7, 2017 for the purposes of electing two (2) Directors to the Board, and to conduct such other business as may properly come before the meeting.

Registration will begin at 9:00 a.m. followed by Call to Order of the meeting at 10:00 a.m. at the Afognak Native Corporation. Lunch will be provided.

The following tribal chapters will each elect one Director at this year's meeting:

- Native Village of Afognak
- Native Village of Akhiok

Door prizes will be given, including airline tickets. To win door prizes, you must be present. We look forward to seeing you!

“Feeding people was part of my culture growing up. My grandma would always be in the kitchen preparing food for family and visitors. It is a labor of love cooking for the women that attend the retreat.”

— Gwen Sargent

Photography by Lydia Olsen

Feeding the Soul

Keeping up in the Kitchen at the Women’s Wellness Retreat



Gwen Sargent prepares perok for 70 women.

The Women’s Wellness Retreat is an annual summer pilgrimage to Woody Island where women of varied ages and backgrounds spend a weekend celebrating their commonalities and differences. This year’s retreat brought together 67 participants to share inspiring personal stories of their healing journeys.

The weekend offered many activities that encouraged conversation and camaraderie, including pine needle basket weaving, sewing fabric bowls, and crocheting baby hats which were donated to KANA to provide for newborns. The serene setting was also an opportunity for introspective solo activities, such as painting and writing passages for life journals and affirmation boxes.

Each year during the opening ceremony of the retreat, an Elder lights an Alutiiq lamp alongside the youngest participant. Lily Pestrikoff and Jasmine Parker performed the tradition this year. The weekend wrapped up with a closing ceremony where an honor

quilt is presented to someone who has recently overcome major life obstacles. This year, Kathy Larson, Tina Hoen, and Emily Salter were honored with quilts.

A major tradition in many cultures is bringing communities together through food. The retreat demonstrates this perfectly as mealtimes are an opportunity for social circles to entwine and for acquaintances to become friends.

Dining options were plentiful, with a buffet of comfort foods ranging from perok and smoked salmon to pastas and salads. “Meals are based on what went well during past retreats,” says kitchen coordinator Gwen Sargent. “Some of



Participants arrive on Woody Island.

RIGHT: Destiny Ritter arranges a veggie platter.

MIDDLE: The lunch buffet.

FAR RIGHT: Participant Helen Malutin enjoys perok in the dining hall.



the core staff members and kitchen staff brainstorm new recipes and ideas.” Meals were rounded out with fresh fruits, vegetables, and desserts.

New this year was the pasta bar, allowing individuals to mix and match their noodle and sauce choices as they wished. A Saturday tradition during the retreat is salmon and corned beef perok. Gwen used her grandmother’s pie crust and perok recipe, bringing more personal heritage to the event.

The logistics of feeding over 70 people through the three days of the retreat requires weeks of planning. Non-perishable food is purchased in advance and held in one of KANA’s storage facilities. Perishable food items were scheduled through Safeway and Cost Savers to be packed and delivered to the harbor docks for Thursday morning. An awaiting skiff shuttled the food over to Woody Island where the goods were hauled up to the kitchen.

Cooking in the kitchen alongside Gwen this year were Gayla Pederson, Destiny Ritter, and Shannon Blackman. She

described the team as a “well-oiled machine”. Gayla, a newcomer to the retreat’s kitchen, but a mainstay of Kodiak’s Native foods scene, says, “It was an honor for me to feed the women that build and grow our community.”

While the four cooks concentrated on preparing meals, others were busy washing dishes and cleaning up after each meal. Retreat participants signed up for chores: bussing tables, wiping down surfaces, sweeping and mopping the floors, and helping transition the dining hall through each meal. “Right after breakfast kitchen staff is already prepping for lunch and after lunch for dinner,” said Gwen.

Any food items that were not used were donated to both Brother Frances Shelter and the Kodiak Women’s Resource and Crisis Center. ■

The Women’s Wellness Retreat is coordinated by KANA, Sun’aq Tribe of Kodiak, and the Kodiak Women’s Resource & Crisis Center. Applications for next year’s retreat will be made available in late spring of 2018.



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

EMPLOYEE SPOTLIGHT

Sarah Rastopsoff

WIC CPA + Nutrition Educator

With the goal of becoming a nurse and needing a place to start, Sarah Rastopsoff’s journey began at KANA through a work incentive program in 2009. After completing the program, Sarah was offered a full-time position at the Medical Front Desk. From there, she flourished as KANA gave her the opportunity to pursue her goals and help her grow professionally. She became a CNA through Kodiak College and then enrolled in a Medical Assistant training program at KANA. After her intensive on-the-job training, she took the national certification exam and passed. Sarah accepted a position as a Nutrition Educator with WIC where she presently works to support local families. “KANA has given me great opportunities and training. I’ve been able to grow as a person—as well as professionally—and can only hope for more opportunities.”

Where are you from?

I am from Kodiak. Born and raised. It’s good to be in a place where I grew up and to share that with my kids.

What is your educational background?

I graduated from Kodiak High School and earned my CNA at Kodiak College. Since then, I’ve been provided on-the-job training and CPA training online.

Why did you apply to KANA?

I’d always wanted to go into the medical field but didn’t have the education or work experience. KANA had the work program, so I applied for that. They ended up needing someone in medical and it worked out perfectly. They’ve given me room to grow and the opportunity to move toward my goals. KANA has been able to help me get there without having to take time away from my family to go to school.

What do you like most about your position?

I love most being able to help moms and their kids. I love being around families and teaching them about healthy choices.

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

To make patient’s wants and needs a priority regardless of what they come to us for. It means that you care about the quality of everything regarding the patient.

What are some of the primary responsibilities of your position?

I see families who need supplemental foods and nutritional education. I watch growth from pregnancy, postpartum and on. I monitor height, weight, hemoglobin, iron and general health. I provide breastfeeding support and also print checks to help supplement families’ nutritional needs. ■

Sun’arausqat Katurgwiat

The TAY Event Returns This Fall

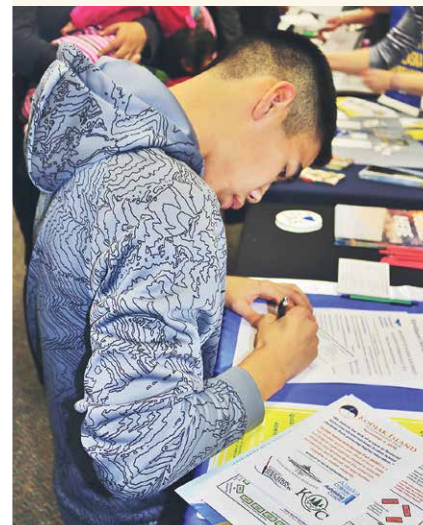
The Kodiak Transition Age Youth (TAY) Coalition, led by KANA’s Tribal Vocational Rehabilitation Program, is working to align services, share best practices, and devise innovative transition activities in our rural villages. These culturally relevant training and career mapping activities delivered to youth provide them with a clear vision of what options are available post high school, including employment and post-secondary options.

The Positive Youth Pathways pilot project, funded by the Alaska Mental Health Trust Authority, is in its third year and includes rural school outreach and the Annual Sun’arausqat Katurgwiat—Young People’s Gathering Place (TAY Event).

The four-day event includes activities focusing on career and college exploration, team and cultural activities, peer panel, and job shadowing opportunities. Last year, students were able to job shadow with fourteen local employers, including a radio station, a restaurant, the Alaska State Troopers, and the USCG.

New this year is a partnership with Koniag Education Foundation and their Community Mentorship Project. The agenda will include activities designed to identify strategies that will improve student academic outcomes, teacher retention, modeling health family communication, and sharing culturally relevant motivation strategies through their Rural Education Advocates. ■

Rural students are invited to the 3rd Annual Sun’arausqat Katurgwiat (TAY Event) in Kodiak, October 24–28. Registration forms are available at rural schools, or contact Gwen Sargent at 907.486.1361 or gwen.sargent@kodiakhealthcare.org



Students apply for scholarships and speak with Koniag Education Foundation Director Jesse Kreger at the 2016 TAY event at Kodiak College. This year’s event will include a Youth Banquet, Scholarship Fair, and a Career and College Fair.

Talk to us!

Your Feedback Makes a Difference

KANA continually strives to provide high quality, accessible care for all of our patients and families. Patient feedback in the form of comments, concerns, complaints, and compliments help us to identify opportunities for improvements to better the patient experience.

It is also an avenue for positive feedback for our Providers and staff for any exceptional services you have received. We want to hear about your patient experiences and to hear your stories about care and treatment. We will listen to what you have to say and we'll respond. For example: because of your feedback, the Wellness Center added yoga classes to its schedule and full-length mirrors in the workout area to improve weightlifting form.

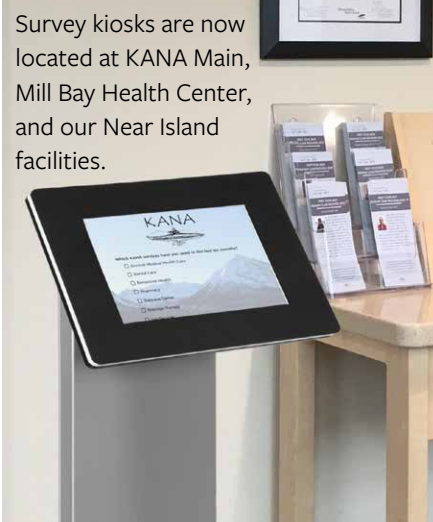
Your feedback helps to improve communication between patients and staff, improves our planning process and service improvement practices, and helps us shape the services you use.

We know that understanding the Tribal Health Care system can be challenging for many people. Our Health Services team wants to simplify that by answering questions from Beneficiaries regarding everything from alternate resources to how emergency room visits are paid for while traveling. This summer, we introduced ASK KANA as an effort to explain complex topics that may be found confusing. As we continue to identify these topics, we are developing

brochures and online materials as resources to help clarify important information and processes related to the services you receive at KANA.

To make it easier for you to share your input, we have developed a new survey for everyone who visits our facilities. Patient Experience Surveys can be found in the kiosks located near the entryways of our Alutiiq Enwia Health Center (KANA Main) on Rezanof Drive East, Mill Bay Health Center and KANA/Koniag Near Island facilities. You can also take the survey online at www.kodiakhealthcare.org/survey, or call us directly at 907.486.9800. ■

If there are topics regarding KANA's services, procedures, or facilities that you feel other Beneficiaries would like us to address, you can "ASK KANA" by emailing info@kodiakhealthcare.org.



Survey kiosks are now located at KANA Main, Mill Bay Health Center, and our Near Island facilities.



On Exhibit Now!

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

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



ANNUAL MEETING
SATURDAY
OCTOBER 7, 2017

REGISTRATION 9:00AM
CALL-TO-ORDER 10:00AM
FULL DETAILS ON PAGE 3

A Man About the Town

Getting on board with KANA Van Driver Terry Wolkoff

Every morning, KANA van drivers head out by 8:30 a.m. to pick up their first patients of the day. On this day, Terry Wolkoff has 15 patients scheduled for van services. Terry has been driving the KANA van for two years. He understands how difficult it is for some patients to make it to the doctor and he strives to not only transport them safely, but to act as a liaison between KANA and the rest of the world.

“I’m the first and the last person from KANA that van riders see,” Wolkoff points out. “I try to make it so that when they arrive at KANA, they are in high spirits.”

It can be difficult for some patients to make it to their appointments, with transportation being only one of many issues; some individuals lack time, accountability, or the courage to even see a doctor.

KANA van drivers are essential in ensuring access to medical care for patients who otherwise might not show up. “A lot of patients are nervous or mad before they even get to the doctor, or they are upset when they leave,” says Terry. “I make sure they arrive early and that they’ll have time to check in and relax. I also try hard to get them laughing or in a better mood

before they get home—they really appreciate that.”

KANA drivers spend a lot of time with patients, on average putting in 100 miles each day and seeing 20–30 individuals a day. “We have some amazing regulars who make the job that much more fun—it’s a good overall experience to interact with our patients as much as I do,” says Terry. “It makes my day better. I like transporting the Elders. Their stories about Kodiak back in the day are amazing.”

Riders of the KANA van appreciate not only the service, but the personable drivers who make going to the clinic a more enjoyable experience.

Wendy Bridenstine has been riding the van regularly with Terry. She says she owes him enormous gratitude for not only driving her, but being there for her as a friend. “These drivers are amazing and I owe them a lot,” says Wendy. “If it wasn’t for them, I never would have gone to the doctor. They hold me accountable. They listen to me talk. They help me feel good about going.” ■

KANA provides limited van services to health facilities for Elders and eligible patients without other transportation options. Learn more about eligibility requirements on the next page. —>



“I’m the first and the last person from KANA that van riders see. I try to make it so that when they arrive at KANA, they are in high spirits.”

**— Terry Wolkoff
KANA Van Driver**

ROAD RULES: A Guide to KANA Transportation Services

If you or someone you know needs assistance in physically accessing health care needs, here's what you'll need to know. KANA provides limited van service to Elders, children and other vulnerable patients who do not have transportation of their own to KANA for the purpose of health and social services.

How is eligibility determined?

Priority is given to Elders and for urgent medical and behavioral health appointments. The KANA van may provide eligible patients/clients with transportation to/from scheduled appointments at KANA facilities for the following services:

- Medical, including special tests at PKIMC
- Behavioral Health, including substance abuse services
- Dental
- Appointments with KANA social services providers (WIC, Vocational Rehabilitation, Infant learning, Child Services).

How do I schedule a ride?

When scheduling your appointment with Patient Services, make sure to let them know you will need transportation. The van is scheduled on a first come first serve basis and requires at least 24 hours' notice. Van appointments requested with less than 24 hours' notice will be provided if the schedule permits. Urgent and same-day appointments may be considered.

What happens if the Van isn't available during my requested time?

In the event that the van is unavailable during your requested pick up time, an earlier time may be offered to you with the understanding that you will arrive early and will have a wait time before your appointment. Your appointment time will not change. Patients may be offered the option of the Kodiak Area Transportation System (KATS) Dial-A-Ride to transport them to/from their home. This service will be at no cost to the patient. The KATS Dial-A-Ride does not guarantee availability inside the 24 hours window of your appointment so please let the KANA front desk staff know about your transportation needs as soon as possible.

What if I told Patient Services that I didn't need a ride, but my circumstances have changed and now I need one after all?

If you later decide that you require van transportation, you can contact the health clinic front desk to schedule a time for pick up, giving at least 24 hour notice. Priority will be given to transportation for Elder appointments. Van appointments requested with less than 24 hours notice will be provided at the schedule permits.



Can I use the KANA van for services unrelated to appointments at KANA?

The KANA van does *not* typically provide transportation for:

- Medication delivery or pickup
- Picking up/dropping off paperwork, checks, or other items
- Appointments with service providers outside of KANA's facilities. (*Please note:* the van may be used to shuttle patients between KANA and PKIMC for tests related to their appointments at KANA or to other facilities for KANA-referred appointments.)
- Wellness Center usage
- Personal errands
- Patient pick-up/drop off at the airport. (*Please note:* The KANA van may be used to shuttle Elder patients who are being referred by KANA to healthcare services in Anchorage to/from the airport during regular business hours, as schedule permits.

SPECIAL CIRCUMSTANCES:

There are always circumstances that arise that both the team at KANA or patients wouldn't have otherwise predicted. Special accommodations will be considered on a case by case basis.

If you have additional questions about KANA Transportation Services, call 907.486.9870 or email us at info@kodiakhealthcare.org.

Tribally-Sponsored Health Insurance Program (T-SHIP)



Rosa Cruz, Alternate Resource Specialist.

KANA Beneficiaries have several financial resources for their health care. However, not everyone qualifies for everything. Many factors determine which resources one is eligible for: age, income, and residency are just some of the qualifications for different programs.

Fortunately, KANA has Alternate Resource Specialists who will help guide you through the options. They can explain the differences between financial programs, the hierarchy of when each can be used, and help you find out which you qualify for.

Recently, the Alaska Native Tribal Health Consortium (ANTHC) introduced the Tribally-Sponsored Health Insurance Program, also known as T-SHIP. Specifically designed for qualified Alaska Natives and American Indians, this program provides coverage for a variety of health care needs and is especially useful when traveling out of range of Tribal health facilities.

Keep reading to learn more about the program and to see if you might be eligible for this valuable benefit. You can also meet with one of our Alternate Resource Specialists with further questions.

What is Tribally-Sponsored Health Insurance?

Tribes and Tribal health organizations now pay for health insurance for Alaska Native and American Indian people who qualify. The Alaska Native Tribal Health Consortium (ANTHC) is offering Tribally-Sponsored Health Insurance in Alaska.

Will Tribally-Sponsored Health Insurance cost me anything?

No. ANTHC pays the monthly insurance premium cost. Alaska Native and American Indian people also do not have to pay any co-payments or deductibles when you are seen or referred by Tribal health facilities.

Why should I have Tribally-Sponsored Health Insurance?

Health insurance can help make more services available for you and all Alaska Native and American Indian people. Health insurance can also help you receive medical care when you are traveling or away from Tribal health facilities.

How do I qualify?

You and your family can get Tribally-Sponsored Health Insurance if you:

- Are a resident of the state of Alaska
- Are eligible for services at a Tribal health clinic/facility

- Are not covered by or eligible for Medicare Part A, Medicaid (Denali Care), Denali KidCare, TRICARE, CHAMPVA, or affordable health insurance through an employer.

Estimate your 2017 income and find if you are within the following guidelines.

Income Guidelines for Eligibility

You're eligible if your family has:	And your income will be above this amount:	And below this amount:
1 person	\$14,840 / year	\$59,360 / year
2 people	\$20,020 / year	\$80,080 / year
3 people	\$25,200 / year	\$100,800 / year
4 people*	\$30,380 / year	\$121,520 / year

*Amounts continue to increase for larger families

Does this affect my current Alaska Native health benefits?

No. You will always first and foremost be a beneficiary of Indian Health Service, Tribal hospitals and health clinics throughout Alaska and the United States.

Tribally-sponsored health insurance is an added health care benefit. You should use the Tribal Health System to ensure that your health care needs are being met and that you are as healthy as possible.

How can I get more information and sign up?

Contact a KANA Alternate Resource Specialist at 907.486.9800 to see if you are eligible.

You may also contact the Alaska Native Tribal Health Consortium at 907.729.7777 or 855.882.6842, or by emailing sponsorship@anthc.org.



Beverly Moreno, an Alternate Resource Specialist at KANA.

Field Day Festivities

The annual KANA Employee Picnic was held on August 11 at the Afognak Native Corporation. “Field Day” was the theme, with staff wearing their favorite sports jerseys while playing a variety of lawn games. The weather was mostly in our favor with only the occasional drizzle. Families enjoyed a potluck buffet of homemade dishes followed by a dessert contest.



Desserts were enjoyed by all.

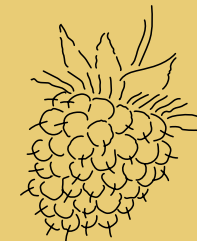
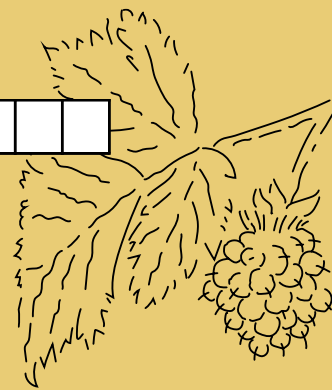


Bubble-making.



“Kick the Plate” race.

Neri! *(Eat!)*



Fill in the crossword puzzle with the Alutiiq words from the definitions below. Reference the vocabulary list for help in translating.

ACROSS

- 1 Berry picking
- 3 She is salting it
- 5 You can eat
- 6 I'm gathering bidarkis
- 8 I am hungry

DOWN

- 2 I picked salmonberries
- 4 He is making dough
- 7 It is done cooking

VOCABULARY

- alagnarsullrianga *I picked salmonberries*
- kaigtua *I am hungry*
- kuashniartuq *she/he is making dough*
- nersuumutan *you can eat*
- nunaquluni *berry picking*
- sulunaraa *she/he is salting it*
- uutaa *it is done cooking*
- uriitarsurtua *I'm gathering bidarkis*



READER SHOWCASE

A local poet who writes under the name Ikayu sent us this poem about a favorite island treat. We'd love to share your writings, drawings, and photos in our newsletter or social media! Submissions can be sent via Facebook or to info@kodiakhealthcare.org.

Vaccinium alaskaense

Blue, a bell in white and pink

Blue, barely noticeable, a hue on light green

Blue, bereaved, dangling from the branch

Blue, fallen to the ground, buried in the leaves

Branches barren, devoid of green

Blueberries

— Ikayu, 2017

Wildflower Lore

Blueberry, salmonberry, and fireweed blossoms are adding color to KANA's Near Island offices through vibrant paintings by Cathy Cordry. The paintings are part of Kodiak Wildflower Suite, a set of ten oil-on-panel works purchased by the Alutiiq Museum in 2016.

Five of the paintings are now on display at KANA's Community Services center on Near Island, featuring plants important to Alutiiq subsistence and health. Beneath each painting, cultural

information and photographs tie traditional plant knowledge to Cathy's artwork. In one, Annie Boskofsky harvests cotton grass. Nina Olsen applies of poultice of salmonberry leaves to her daughter's hand. Gayla Pedersen, pictured below, bakes with blueberries.

The cultural information comes from research conducted by Priscilla Russell. In 1990, Priscilla visited all of Kodiak's Alutiiq communities where she met plant harvesters and recorded their traditions.

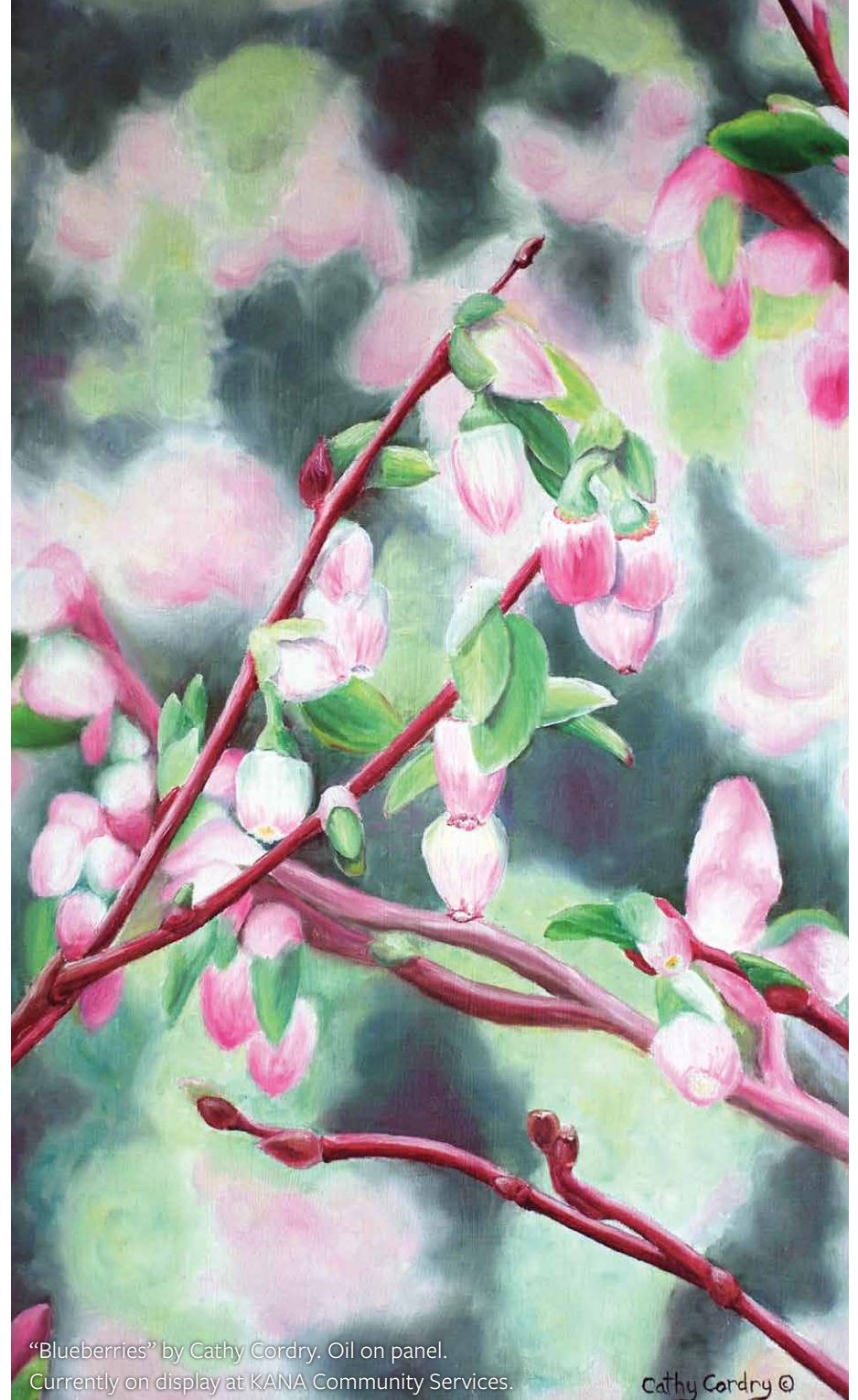
The museum is currently working with Priscilla to publish her notes and photographs. A book, titled *Naut'staarpet—Our Plants, A Kodiak Alutiiq Plantlore*, will be available in December. Edited by museum staff and designed by Alisha Drabek, the book will feature 60 local plants and their many uses for food, fuel, raw material, and medicine.

The display can be viewed during normal business hours at 194 Alimaq Drive on Near Island. Installation was made possible with support from KANA and the Institute for Museum and Library Services. ■

To learn more about the traditional usage of island flora as well as see more work by Alaskan artists, visit alutiiqmuseum.org or visit the Alutiiq Museum at 215 Mission Road in Kodiak.



Gayla Pedersen preparing blueberries for a recipe. This photograph by Patrick Saltonstall is part of the new exhibit at KANA Community Services.



"Blueberries" by Cathy Cordry. Oil on panel. Currently on display at KANA Community Services.

Cathy Cordry ©

IN THE STUDIO WITH:

Cathy Cordry

When did you begin painting?

After both our children left home, I took some time to evaluate my life and, decided I needed more color in it. So I took Color Theory at Kodiak College taught by Ann Barker. A couple of years later, I took Beginning Oil Painting taught by Bruce Nelson.

Every time I pick up a paint brush it like opening a brand new box of crayons on the first day of school. Crayons have that unmistakable crayon smell. And there they are all lined up ready to become whatever it is you dream up.

So now, it is the smell of the paint, the nubby texture of the canvas, or the

smooth feel of a primed wood panel that gives me the same deep satisfaction.

Do you have a favorite subject matter?

When I first started painting, it was the wildflowers of Kodiak. I guess it still is flowers. But really I think it is the small pieces of the natural world that intrigue me. Although I am awestruck by beautiful landscapes and seascapes, I am overwhelmed by their powerful messages. Therefore, I concentrate on the stories told by the flowers, rocks and feathers.

What are some things that inspire you?

We have this one world and we are charged with sharing it with all the

other lives (human and non-human) that inhabit it. Sometimes we get so caught up in our human drama that we forget our unbreakable bond with nature. We aren't separate or above or even stewards of the earth.

We are just another part of the whole. So when I paint flowers, or rocks or feathers, I am listening with ears, and eyes, and hands to their stories.

The Alutiiq Museum recently purchased your artwork for its collections. How was that experience as an artist?

Having the Alutiiq Museum in partnership with the Rasmussen Foundation purchase ten of my wildflower paintings is the greatest honor. And now the Alutiiq Museum has collaborated with KANA to display them in the KANA Near Island building. I am simply overjoyed. I get to share my vision with a much broader audience. It affirms that there are many of us that highly value the small pieces of our world. The stories of these wildflowers are being whispered on Near Island and I'm hoping the viewers of my paintings are listening. ■

Cathy's work is currently hanging in the Kodiak Public Library, the Kodiak High School, and KANA Community Services on Near Island. She's also featured in the Alutiiq Museum store.

Cathy Cordry, a member of the Rosebud Sioux Nation, is a sewer and painter who lived in Kodiak for 49 years. Cathy was active in Kodiak's Alutiiq community, recreating a traditional Sugpiaq caribou parka with four other skin sewers for the Alutiiq Museum. She recently moved her art studio to the Big Island of Hawai'i.



Cathy in her studio.

"I started painting eagle feathers after my father passed away. His Lakota name was Wanblishta which means 'eagle eye'. Whenever I found eagle feathers, I thought of him and how I missed him. The red background is from the Lakota medicine wheel. It signifies 'North'."



"Where Do We Go From Here?"



Kodiak Wildflower Suite in progress.

We're here for you!

If you've wanted to use the KANA Wellness Center but aren't sure how to get started, our friendly exercise specialists are ready to help develop a workout plan just for you. We'll help you safely meet your goals at a pace that you're comfortable with. Stop by or call the Wellness Center today and take that first step toward a healthier future. 907.486.1377.



Because you asked for it, our fitness guru Manya is now leading Yoga Flow classes each Thursday evening at the KANA Wellness Center. This is a great way to wind down after our Total Body Express session.

THURSDAYS

TOTAL BODY EXPRESS 5:30 – 6:00pm

YOGA FLOW 6:15 – 6:45pm

WELLNESS WARRIORS!

The KANA Wellness Center showcase of inspiration, role models and success stories

June Horn made a conscious decision to pursue a healthy lifestyle when her children were born. She wanted them to grow up physically fit, with a nutritious diet of local subsistence foods. Her efforts have paid off, as her daughter Adriane currently plays college basketball at Montana Tech, returning to Kodiak in the summers to fish with family.

Both mother and daughter prioritize exercise into their daily schedule. June credits KANA Wellness Center's staff for inspiring her to work out five times a week.

She also takes advantage of the summer months to be physically active outdoors: "I'll do a 3-5 mile hike or walk, work in the yard, play with my grandchildren—it all counts! Biking to the gym makes for a good warm-up, too."

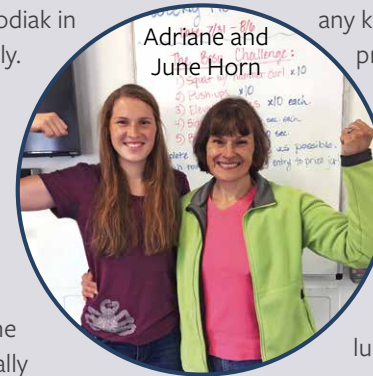
In the winter months, June's daughter utilizes time management for her fitness success. "I sometimes don't get back home until twelve hours later because of classes and basketball practice," says Adriane. "I don't have much time for extra workouts, so time management keeps me sane." Each night, Adriane plans out her next day before bed and uses her phone to keep a to do list.

The Horn women both had childhoods of subsistence fishing and hunting. "I grew up in a small fishing village where we knew everyone," June tells us. "We are so fortunate to have available to us our subsistence fish and venison. They are our mainstay and I rarely buy meats of any kind. I am thankful that locally grown produce is also becoming more and more available to us."

Adriane's diet of Alaskan seafood extends to her college months in Montana. "Every summer, we fish for salmon and halibut. I get to bring canned fish to school with me and eat that in meals for breakfast, lunch, and dinner."

Both mother and daughter reflect on their healthy lifestyles giving them the energy to keep up with the next generation of Horns. Adriane says that being healthy has allowed her to keep up with her nephew and two nieces. "I take them to the park and lift them and run with them and still have energy for a workout afterward."

Likewise, June says, "It's important to me to be physically active with my children and grandchildren." Her diet, workouts, and a positive attitude have benefited both herself and her loved ones. "I have the energy to spend more quality time with my family and friends." ■



JUNE SHARES HER KEYS TO SUCCESS:

Patience. As a "woman of a certain age," it has become more and more difficult to lose weight, let alone keep it off. The process takes much longer.

Consistency. It's not only key in healthy eating habits, but also in regularity of exercise.

Variety. Both diet and exercise should be well-rounded and balanced. Eating plans that eliminate entire food groups are not for me!

What's the Fuss About Cruciferous?



Stephanie Jenkins
WIC Coordinator and Dietitian

What's a cruciferous vegetable?

Broccoli, turnips, kale, arugula, cabbage, Brussels sprouts, cauliflower, bok choy, radishes, and horseradish are all part of the cruciferous vegetable family.

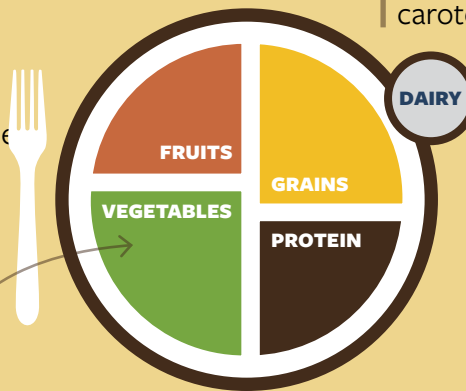


Have you ever wondered why certain vegetables are smelly?

Cruciferous vegetables contain glucosinolates which are sulfur-containing chemicals, responsible for their pungent odor.

Did you know that cruciferous veggies are rich in vitamins C, E, and K?

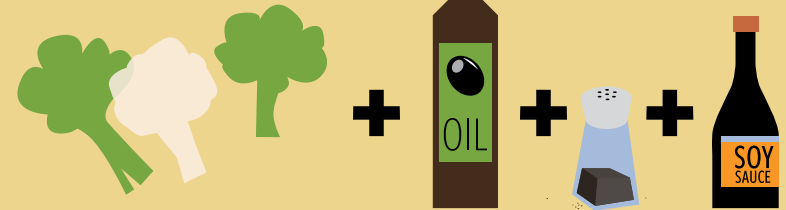
They're also a good source of fiber and are packed with carotenoids (like beta-carotene and lutein).



What portion of our plate at meals should contain vegetables? At least 25%, according to the USDA.

How do you cook these vegetables?

My favorite way is sautéed with a little extra-virgin olive oil, pepper, and soy sauce. Don't be afraid to mix and match veggies!



Rozanne and Chelsea with the PLL Center of Excellence Award

KANA Parenting with Love and Limits recognized with award

Rozanne Rucker and **Chelsea Schleifer** have been recognized with the PLL Center of Excellence Award for achieving the Success Level in implementing the **Parenting with Love and Limits** model. Directed toward adolescents and their family members, PLL provides therapy and support to families to improve their mental health and relationships, and to decrease the risk that children will need to travel off island for treatment.

"I love being a part of a program that makes a difference not just for one person but for the whole family," Rozanne told us. "It's been especially rewarding to have former clients stop me months after completing the program to say thank you and to tell me how well things are going for their family."

The KANA PLL program served twenty families this year, setting a new record for clients served and saving the healthcare system several hundred thousand dollars in potential costs should these youth have had to travel off island for care. ■

"When parents first come into my office, they are frustrated with—and concerned for—their kids. Over the course of PLL, you can see the light bulbs turn on in their heads. By the end, they have concrete tools for a happier, more peaceful home. This award acknowledges the hard work we have done and especially that the families have done. I love being part of positively changing a family's story." — Chelsea Schleifer, PLL Case Manager

COMMENTS + SUGGESTIONS

We want to hear from you!

We welcome the opportunity to better serve the needs of our Beneficiaries.

If you would like a response, please include your name and how you'd like us to contact you.

Quyanaa!

Clip out and drop off this comment card at any KANA reception desk, or mail it to us:

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

You may also email comments and suggestions to
info@kodiakhealthcare.org

UPCOMING SPECIALTY CLINICS*

OPTOMETRY
 SEPTEMBER 11-15

OB/GYN
 SEPTEMBER 18-19

AUDIOLOGY
 OCTOBER 11-12

ENT
 OCTOBER 11-12

PHYSICAL THERAPY
 OCTOBER 23-27

PEDIATRICS
 OCTOBER 24-25

*Dates are subject to change with short notice.
 Find current information on our Facebook page
 or at kodiakhealthcare.org/events.

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

KANA WELLNESS CENTER FALL CLASS SCHEDULE

MONDAY

Circuit Training
 6 AM | 9 AM | 12 PM

TUESDAY

Total Body Circuit
 5:30 PM

WEDNESDAY

Circuit Training
 6 AM | 9 AM | 12 PM

THURSDAY

Total Body Express
 5:30 PM
 Yoga Flow*
 6:15 PM

THURSDAY

Circuit Training
 6 AM | 9 AM | 12 PM

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

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