

Promoting Wellness and Knowledge for Kodiak's People

# Qik'rtarmiut Asiitmen

KODIAK AREA NATIVE ASSOCIATION

UKSUQ / WINTER 2023



Services Spotlight, page 14

**AFN Citizen  
of the Year**

Remembering Margaret Roberts, page 12

# IN THIS ISSUE

4

**Reflections from Mike Pfeffer**  
A seasonal message from KANA's Chief Executive Officer.

6

**Healthy Eating**  
Explore "My Native Plate" nutrition guidelines.

9

**Welcome Aboard**  
Meet the new KANA Board of Director representing the Native Village of Akhiok.

10

**Beat the Winter Blues**  
Your guide on navigating seasonal sadness.

16

**Wellness Focus**  
Unleash your inner Wellness Warrior.

20

**Medical Travel**  
Your Hassle-Free resource guide. Navigate your healthcare journey confidently with KANA's dedicated Patient Advocates.

22

**Safety First**  
Essential winter safety tips.



## Winter Olympics FITNESS CHALLENGE

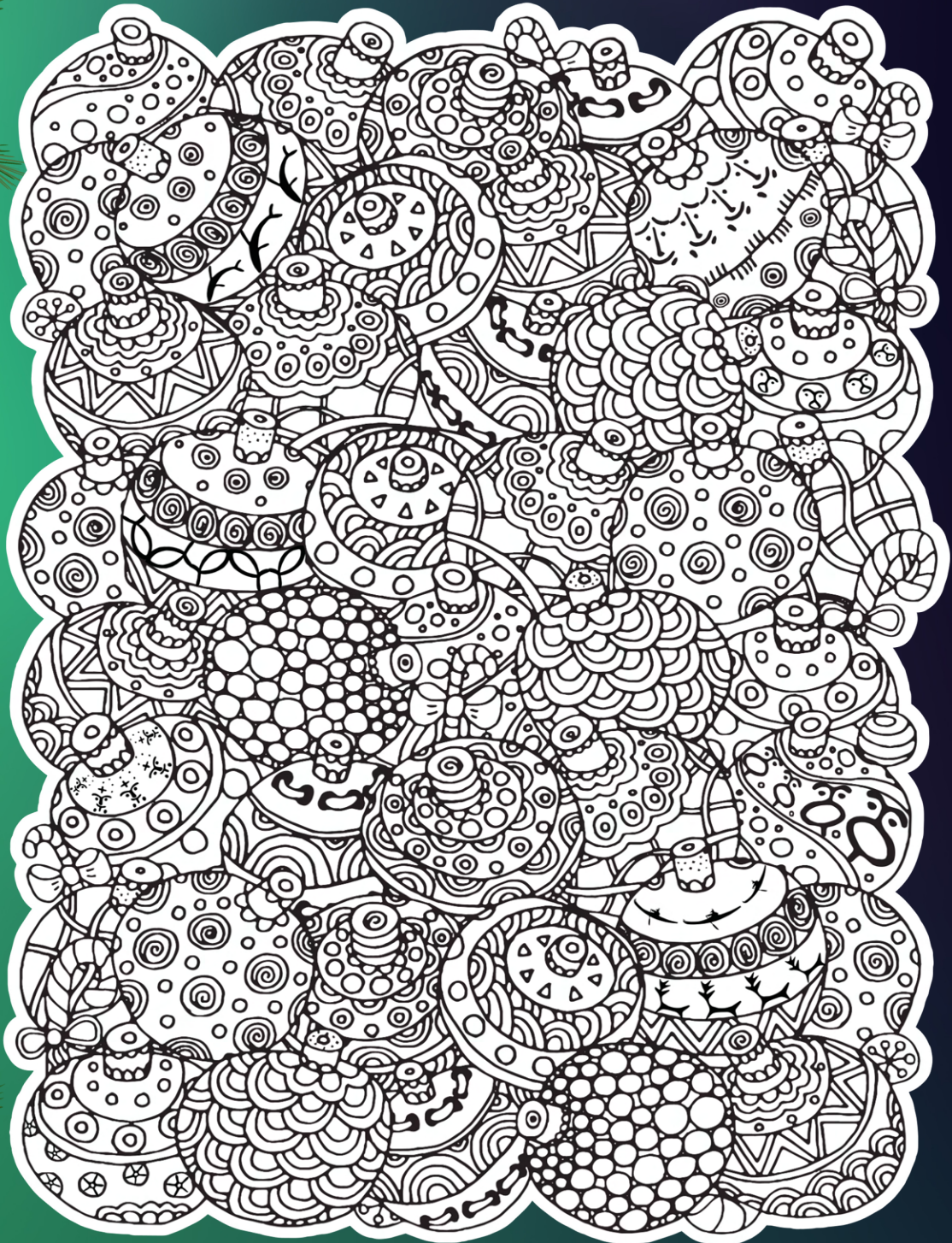


17



# KID'S CORNER

Ignite your child's creativity this holiday season with our festive Christmas Coloring Page. Watch as they bring to life a delightful array of ornaments adorned with hidden Alutiig petroglyphs, adding a touch of cultural charm to their artistic expression.



*Letter from the*  
**Chief  
Executive  
Officer**



*Cama'i,*

As we come together with loved ones during this special holiday season, I extend my warmest greetings to you and your families. This is a time for reflection, gratitude, and togetherness. However, I understand that this season can bring a mix of emotions to many in our community. At KANA, we are committed to your well-being in all aspects, extending beyond physical health. We are here to provide support throughout the challenges and celebrations of this season, offering a helping hand when needed.

If you, or someone you know, require assistance, or just a bit of extra support, please remember that KANA offers a range of resources and support services to navigate through difficult moments. Our Behavioral Health Crisis Line is available 24/7 at (888) 601-9969, providing immediate assistance and guidance during times of crisis.

As an organization, we remain dedicated to elevating the lives of those we serve through various initiatives and projects. From collaborations with local organizations to expanding our reach within the region, we are committed to meeting your needs and improving your overall health and well-being.

Community involvement remains a central focus for us. Our staff actively engage with all communities on Kodiak to strengthen partnerships and continue building a network of support. Together, we aim to create a healthier and more vibrant future for everyone in the Kodiak region.

I'm proud to share that in the past year, our organization has achieved significant milestones that positively impact our community. One project I am particularly proud of is the completion of the Kodiak Marketplace, a transformative initiative for our region. It addresses the social determinants of health and strives to improve the community. This project underscores our commitment to addressing the broader factors affecting our health and well-being. The Kodiak Marketplace is a testament to our dedication to enhancing the overall quality of life for our patients, clients, and community, going beyond traditional healthcare to provide essential resources and support.

In the spirit of the season, we're excited to announce the return of some wonderful community events. The Family Fun Craft Day on December 17th promises a day of creativity and bonding for families in our community. Additionally, the Last Chance Christmas Bazaar, taking place on December 22nd and 23rd, offers a fantastic opportunity to find unique, locally crafted gifts while supporting talented artists.

I want to express my gratitude to our Beneficiaries, employees, Board of Directors, and community partners for your support as we strive to *elevate the quality of life of the people we serve*. I look forward to the opportunities that lie ahead. Wishing you all a warm and healthy winter season.

*Sincerely,*



Mike Pfeffer, Chief Executive Officer



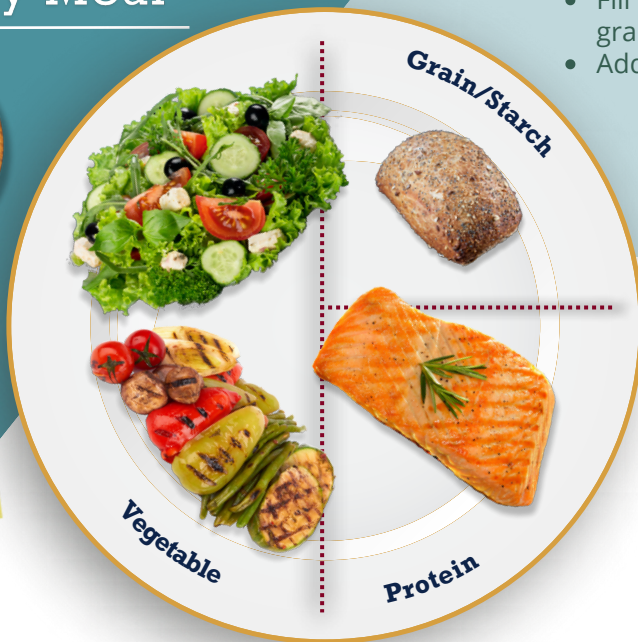
# Choose My Native Plate for a Healthy Meal

**Use your plate as a guide to help you eat in a healthy way!**

- Fill half your plate with vegetables.
- Fill the other half with a grain/starch and protein.
- Add a side of fruit.



Fruit



Water

Elevate the taste of your water by incorporating fresh berries, citrus fruits, or even slices of cucumber.

Scan to Explore these Infused Water Recipes



- Use a 9" Plate
- Drink Plenty of Water
- Stay Active

## Ways to Add Variety to Meals & Snacks

### VEGETABLES & FRUITS

### PROTEIN SOURCES

### GRAINS & STARCHES

#### Vegetables

- Wild greens, tomatoes, carrots, leafy greens, zucchini, avocados, broccoli, green beans, okra, cucumbers, onions, peppers.

#### Fruits

- Berries, melons, apricots, pears, peaches, citrus fruits, bananas, apples.

- Stock up on fresh, frozen, and canned vegetables and fruits.
- It's helpful to have fruits and veggies readily available, already cut up, and prepared for quick and easy snacking or cooking.
- Plan some meals around a vegetable main dish, such as a stir fry, stew, or soup.
- Try enjoying fruit as a tasty dessert.

#### Animal Proteins

- Fish, wild fowl, deer, elk, bison, poultry, eggs, beef, pork.

#### Plant Proteins

- Beans, lentils, nuts, nut butters, seeds, quinoa, tofu, soy products.

#### Dairy Proteins

- Milk, lactose-free milk, yogurt, cheese, cottage cheese.

- Choose fish, beans, lentils, eggs, and nuts more often to cut down on meat.
- Instead of a beef patty for your burger, try a veggie, black bean, turkey, soy, or deer patty.
- Grill, stew, or roast meat instead of deep frying.
- If milk upsets your stomach, try yogurt, lactose-free milk, or soy milk.

#### Grains

- Pasta, bread, crackers, rice, oats, quinoa, barley, cereals, tortillas, flour, cornmeal, rye.

#### Starchy Vegetables

- Sweet potatoes, white potatoes, corn, parsnips, green peas, winter squash, beets, turnips, plantains, taro.

- Choose whole grain foods, such as whole wheat breads, corn tortillas, oatmeal, and wild or brown rice.
- Try whole wheat flour instead of white flour.
- Add wild or brown rice to main dishes, such as a stir fry, stew, or soup.
- Bake or roast potatoes instead of deep frying.

EXAMPLES

TIPS



# Lingonberry Venison Roast



SERVINGS: 8  
COOKING TIME: 4 Hours

## Ingredients

- |  |                             |
|--|-----------------------------|
| 1 (3-4) lbs venison roast                          | 8 oz cremini mushrooms      |
| salt + pepper                                      | 2 tbsp Worcestershire sauce |
| 2 tbsp olive oil                                   | 2 tbsp balsamic vinegar     |
| 1 onion quartered                                  | 3 sprigs fresh thyme        |
| 6 carrots, chopped                                 | 1 sprig fresh rosemary      |
| 12 ounces baby potatoes                            | 12 oz fresh lingonberry     |
| 2-3 cups beef broth                                | 2 tbsp honey                |
| 1 cup red cooking wine<br>or additional beef broth |                             |

## Directions

1. Preheat the oven to 275 degrees F.
2. Season the roast liberally with salt + pepper all over.
3. Heat a large Dutch oven, over high heat. Add one tablespoon of olive oil. Add the onion, carrots and potatoes and cook, stirring once or twice until the veggies are just slightly browned on the edges, about 5 minutes. Do not leave the veggies in there too long, you don't want them to become soft. Remove the veggies to a plate.
4. Add another drizzle of oil and once hot, add the roast and sear all over, about 3-4 minutes per side. Remove the roast from the pan.
5. Carefully pour in the cooking wine (beef broth may be substituted) and deglaze the pan, scraping up any brown bits off the bottom. Remove from the heat.
6. Add the meat back to the pan and cover with 2-3 cups of beef broth, the Worcestershire sauce and the balsamic. Throw in the mushrooms + browned veggies, thyme, rosemary, lingonberries + honey. If the liquid is not covering the meat at least half way, add more until it is.
7. Cover the pan and place in the oven. Roast for 3-4 hours or until the roast is cooked to your liking.







## W E L C O M E

*Teacon Simeonoff*

Native Village of Akhiok, Director

Teacon "Pete" Simeonoff is the son of Speridon "Mitch" Simeonoff, Sr. and Judy Simeonoff of Akhiok, and the father of Hunter and Talon Simeonoff. He has lived in Akhiok most of his life, but has also worked in the city of Kodiak and in Old Harbor.

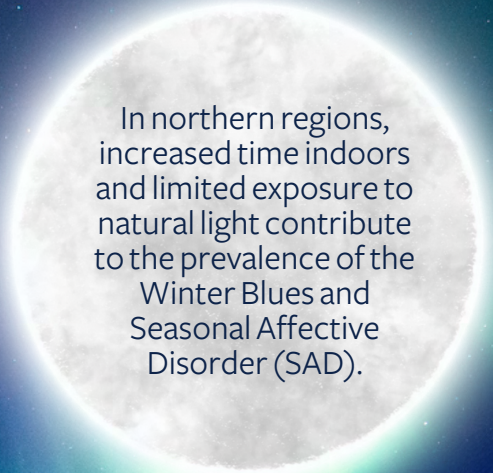
Pete's first job out of high school was with KANA as a Summer Youth Activities Coordinator. He has been an active volunteer with the Akhiok Kids Camp for 26 years where he teaches traditional art, carving, subsistence activities, and history. "It's a lot of fun when we make those ceremonial masks with the kids, dancing with them at the end, then burn them." Promoting healthy cultural activities for youth is one of Pete's passions, and he plans to be "a pretty big advocate for kids' activities... bringing more activities to villages and having more people go there for the kids."

Pete also worked in Old Harbor for over a decade as their Indian General Assistance Program (IGAP) Coordinator, where he managed the community landfill and teen center. Later, he worked with the Akhiok IGAP program for a few years after that. These days, he works for the City of Akhiok with their post office, power generators, and water system. He knows a lot about the energy and infrastructure challenges that Akhiok faces today, including the need for reliable access to fuel and renewable energy.

When asked what he thought some of the most important issues facing Akhiok were, Pete talked about Elder food security, village clinic upkeep, resources for health aides, empowering the Native Village of Akhiok's Tribal Administration, and providing training to village response teams.

Pete has served on the Akhiok City Council for almost four years and is a former Vice-Mayor. Pete hopes to be a bridge of communication, connecting the people of Akhiok, the Tribe, the City, and KANA. "The biggest thing that I'd like to do on the KANA Board, is be transparent with the Tribe and City, and with all the members of the community too." Pete also feels that Tribes need to keep open lines of communication between each other and collaborate.

# WINTER BLUES & SEASONAL Affective Disorder



In northern regions, increased time indoors and limited exposure to natural light contribute to the prevalence of the Winter Blues and Seasonal Affective Disorder (SAD).

## STATISTICS



1 in 30 Americans suffer from SAD



Women are 4 times more likely than men to suffer from SAD



SAD is more common the further north one lives



SAD is observed to run in families

## CAUSES

SEROTONIN LEVELS



A drop in serotonin, a brain chemical that affects mood, might play a role in SAD. Reduced sunlight can cause a drop in serotonin that may trigger depression.

INTERNAL CLOCK - YOUR CIRCADIAN RHYTHM



The reduced level of sunlight in fall and winter may cause winter-onset SAD. This decrease in sunlight may disrupt your body's internal clock and lead to feelings of depression.

MELATONIN LEVELS



The change in season can disrupt the balance of the body's level of melatonin, which plays a role in sleep patterns and mood.

## SYMPTOMS



LOW ENERGY



DIFFICULTY FOCUSING



CRANKY / IRRITABLE



REDUCED APPETITE



DEPRESSED



SLUGGISH



# WHAT HELPS

## EXERCISE OFTEN

This will increase energy and endorphins, the feel good brain chemical.



## BALANCE YOUR DIET

Increase your intake of berries to reduce cortisol. Add more protein from lean meats, eggs, nuts, seeds and beans to provide energy.

## MEDITATE OR PRAY

Both are highly effective in lowering your reactivity to triggering and negative events.



## TAKE YOUR VITAMINS

Vitamin D3, B12 and Omega-3 found in fish oil are shown to fight symptoms of sadness.

## LIGHT THERAPY

Try starting each day with 15-30 minutes with your light box to add a little more energy and boost your mood.



## GET SOME SUNSHINE

When the sun peeks through make it a priority to get outside and soak up a few rays.

As the days grow shorter and darker, many of us might notice a dip in our energy and mood. It's a common experience during this time of year. However, there are steps we can take to enhance our well-being and combat these seasonal changes.

Spending more time outdoors during daylight hours can work wonders. Creating environments that welcome natural light and paying closer attention to our physical needs can significantly impact how we feel.

For individuals facing Seasonal Affective Disorder (SAD), increasing exposure to light and carefully monitoring diet, sleep, and exercise routines are crucial initial steps to support overall health and regulate Circadian Rhythms. Those significantly affected by SAD may find relief by collaborating with a healthcare professional to devise a tailored treatment plan, incorporating light therapy, medication, and/or therapy to alleviate depressive symptoms.

The encouraging news is that there are effective treatments available, transforming the winter season into a time to relish rather than dread. By embracing these strategies, we can navigate this season with a greater sense of well-being and vitality.



Need medical advice?

# HELP IS JUST A CALL AWAY.



Nurse \_\_\_\_\_  
**ADVICE LINE**

**(907) 486-9870**

Behavioral Health \_\_\_\_\_  
**CRISIS LINE**

**(888) 601-9969**

IF YOU ARE EXPERIENCING A MEDICAL EMERGENCY



A Legacy of Leadership,  
Community, and  
Cultural Preservation

*Margaret  
Roberts*





On October 19th we gathered to celebrate the incredible life and contributions of the late Margaret Agnguarta Roberts, who was recognized with the Citizen of the Year Award at the Alaska Federation of Natives Convention. Margaret was a cherished friend, a dedicated KANA board member, and a true community leader.

For an astounding 19 years, Margaret served on the KANA Board of Directors. She also held the position of Commissioner for the Kodiak Island Housing Authority, served as the Chair of the KANA Health Services Advisory Committee, and founded the Kodiak Alutiiq Dancers. Margaret's commitment to her community extended far beyond these roles; she tirelessly served on countless other boards and committees, touching the lives of many.

During her time on KANA's board, Margaret was a champion for Native health and wellness. She dedicated herself to preserving and sharing the rich Sugpiaq Alutiiq culture with younger generations, ensuring that the traditions and values of her people continued to thrive.

We most recently felt Margaret's lasting impact this past July as we attended the memorializing of the Kodiak Readiness Center to Daniel Lee Harmon, Margaret's relative whom she advocated to be recognized for his remarkable service and sacrifices for his country. Margaret's enduring impact on our community continues to shine through.

Today, as we remember Margaret, we hold close her wisdom, her extraordinary leadership, and her dedication to advocating for her community.

Margaret Roberts will forever remain in our hearts as a beacon of inspiration and a shining example of what it means to give back to one's community.





# WOMEN, INFANTS, & CHILDREN

## KANA's Women, Infants, and Children (WIC) program

is a USDA, public health program that provides nutrition information, assistance in purchasing healthy foods, breastfeeding education, counseling and support, and referrals to other needed services. WIC is for families of all kinds. You can be married or single, a mother-to-be, working or not working. If you are a father, mother, grandparent, foster parent, or other legal guardian of a child under five years of age, you can apply for WIC benefits for your child. The KANA WIC office offers help with transportation and has telephone appointments available. Some families believe that they may be taking resources away from someone who needs them more. Others are worried that WIC items are hard to identify or that benefits are difficult or embarrassing to use. The staff at KANA's WIC office can put your mind at ease about these concerns and others you may have.

### Services Provided by WIC Include:

#### Breastfeeding Education and Support

WIC staff are trained to provide the support you need to achieve breastfeeding goals, guiding you in finding the best approach tailored to your preferences. They explain WIC's breastfeeding support, assign a nutritional food package, and offer breastfeeding supplies like pumps, pads, bras, and educational materials.

#### Supplemental Nutritious Foods

WIC offers infant formulas, baby foods, eggs, diverse cheeses, milk, dairy, cereals, fruits, vegetables, peanut butter, beans, rice, and canned fish—rich in protein, calcium, iron, vitamins A and C, and essential nutrients. The program also provides checks for WIC-approved fruits and vegetables at authorized summer farmers' markets.

#### Nutrition Education and Counseling

WIC's nutrition counseling can improve the nutritional status of participants by emphasizing the relationship between good nutrition and health outcomes. Support from the program can include healthy dinner recipes and ideas for snacks and packed lunches.

#### Screening and Referrals

Staff can make referrals to other health, welfare, and social service programs for items like smoking cessation, immunizations, and public assistance programs when needed.



**2414 Mill Bay Road**  
 Located inside the  
 Mill Bay Health Center



**(907) 486-7312**

Monday, Tuesday,  
 Thursday, and Friday  
**8:00 am-4:30 pm**

Wednesdays  
**9:30 am-6:00 pm**



**Stephanie Shryock, RD**  
 WIC Coordinator

## Eligibility Criteria for WIC Participation:

- Reside in Alaska
- Identify a nutritional need; let WIC staff assist in determining it.
- Pregnant or breastfeeding woman
- Have a child under the age of five
- Meet the income guidelines
- Foster parent: Foster children qualify based on the child's income, not the foster parent's. Proof of court-appointed foster parenting is required.
- Income eligibility for Food Stamps, Medicaid, Denali Kid Care, and Alaska Temporary Assistance Program (ATAP) aligns with WIC guidelines.

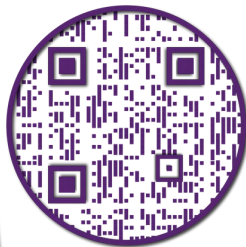
Scan QR code for  
 income eligibility  
 guidelines.



Anyone living in the US, regardless of their immigration status, can receive WIC and the only residency requirement is that you live in the state in which you apply.

The financial eligibility criteria for WIC may surprise many, as they are more inclusive than commonly perceived. For instance, a family of three can have a monthly income of up to \$4,790. Additionally, during pregnancy, the unborn child is considered a family member in these calculations.

Scan QR code for the  
 WICShopper App.



Studies show that the WIC program can significantly improve the long-term health of women, their babies and young children; yet only about half of eligible families enroll in the program.

# A JOURNEY TO WELLNESS



*Discover the inspiring story of Tom Abell Jr., as he charts his path to health and wellness through determination, diverse workouts, and self-motivation.*

John T. Abell Jr., familiarly known as Tom, has embarked on a resolute journey toward embracing a healthier lifestyle, showing dedication to his fitness and overall well-being. As a former high school athlete, Tom had always prioritized an active and health-conscious routine. However, after a few years of inactivity, a moment of realization prompted a vital shift, compelling him to take control of his health again.

Responding to this epiphany, Tom initiated a rigorous, but maintainable, exercise regimen and embraced a balanced diet. When discussing his dietary practices, he emphasizes the significance of portion control and leans towards following a keto diet. Complementing these choices, Tom ensures proper hydration and adheres to a well-rounded vitamin regimen.

Frequenting the KANA Wellness Center four to five days a week, Tom actively engages in various center-offered classes, crediting them for significant progress in his journey. Stepping out of his comfort zone by trying new activities has been a pivotal aspect, especially since incorporating yoga and other classes, resulting in increased agility.

Remarkably, Tom views weight loss as a byproduct of his comprehensive journey, emphasizing its role in maintaining a positive mindset. Motivated by his philosophy - "No one can do this for you; if you want it, go and get it" - his pursuit of improved personal health is entirely self-driven, acknowledging that he still has progress to make in reaching his target weight.

Tom draws strength and encouragement from the Wellness Center's instructors, staff, and fellow members, who continue to inspire him. His ultimate goal is a sustained, long-term workout routine, trusting that other goals will align naturally with time.

Proud of being a motivating force for several family members, Tom recognizes their invaluable support in his journey. Offering advice, he advocates against self-limiting beliefs: His story exemplifies the power of personal determination and the significant role of support and encouragement in the pursuit of a healthier life.



*"No one can do this for you;  
if you want it, go and get it"*





Join the

# Winter Olympics



## FITNESS CHALLENGE

Wellness Center Members,  
get ready to take on the  
Winter Olympics Fitness  
Challenge and make wellness  
your goal this season!

Embrace exercise, stay active,  
and win incredible prizes  
from January 16th to  
February 13th.

### SIGN-UP PERIOD

January 2nd - 14th

Wellness Center  
3400 E. Rezanof Drive

Contact the Wellness Center  
Staff for More Details

**(907) 486-1377**



### WELLNESS CENTER *Hours*

<b>MONDAY</b>	<b>5:30 AM</b>
<b>to FRIDAY</b>	<b>to 8:00 PM</b>
<b>SATURDAY</b>	<b>8:00 AM</b>
<b>&amp; SUNDAY</b>	<b>to 2:00 PM</b>

### UPCOMING *Closures*

**December 25th**  
**Christmas Holiday**

**January 1st**  
**New Year's Day**

## Groovy Vibes

The Communications Team brings the '60s spirit to life in retro chic attire, adding a splash of fun to the era-themed festivities.

# KANA Company Picnic



## Tug-of-War

This winning team included Kasi Leiva, Jasmine Leiva, Tabatha Leiva, Josephina Helms, Rhonda Higgs, Diannette Rodriguez, Erik Linduska, Michelle De Young and Dave Castro.



The KANA team, along with their families, gathered for a day of pure enjoyment at our much-awaited company picnic. It's a time when we all come together to celebrate not just as coworkers, but as one big KANA family. Everyone on our team was extended a warm invitation to join in the festivities, and we encouraged them to bring their favorite dish to share.

This year, we added a fun twist to the celebration with a 'Decades' theme. Our staff members got creative, donning outfits reminiscent of various eras, and the picnic was a time warp of pure nostalgia. We had exciting games that brought out the competitive spirit in all of us, including classics like Rock-Paper-Scissors and Corn Hole. And let's not forget the 'Best Retro Dish' contest, where our culinary experts showcased their throwback cooking skills.

Laughter, camaraderie, and a dash of healthy competition filled the air at our picnic. It was a day to remember, strengthening the bonds that make our KANA family truly exceptional.

## Rock-Paper-Scissors

After battling it out with numerous contenders, in several intense rounds of rock-paper-scissors, Esther Anderson emerged victorious as the ultimate champion of the tournament.





KODIAK AREA NATIVE ASSOCIATION'S

# Last Chance



Come celebrate the season with us and deck the halls  
with local creations.

KODIAK MARKETPLACE, 111 W REZANOF DRIVE

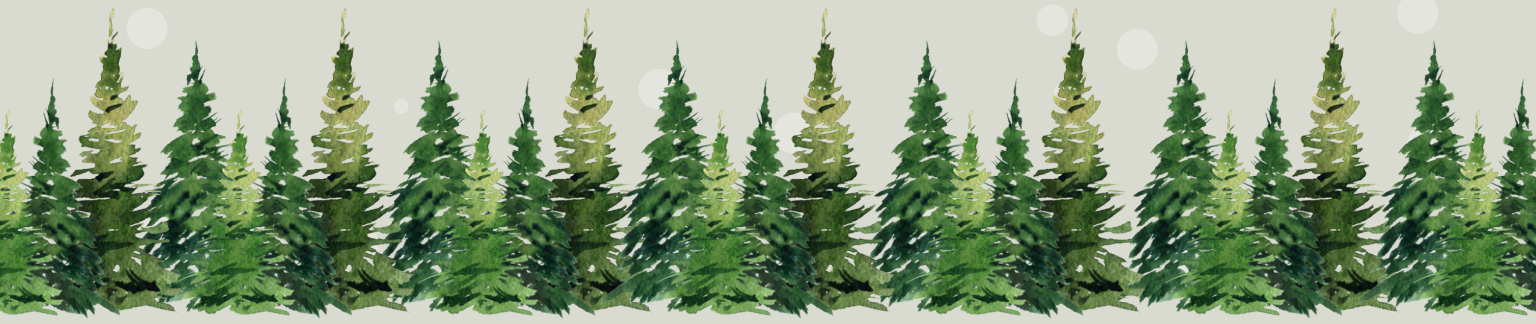
---

**FRI** DECEMBER 22  
3PM-8PM

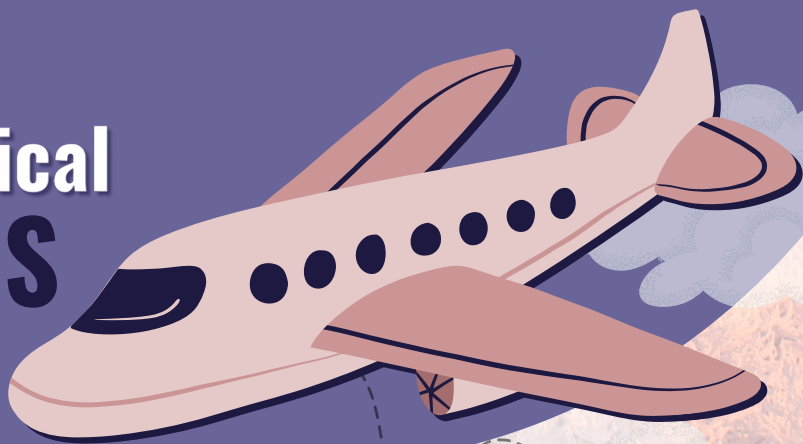
**SAT** DECEMBER 23  
10AM-5PM

---

SHOP LOCAL ARTISANS & MEET FATHER CHRISTMAS



# Same Day Medical TRAVELER'S RESOURCES



## NAVIGATING HOSPITAL VISITS WITH EASE, CONVENIENCE, AND COMFORT.

At KANA, we're dedicated to ensuring your medical journey is hassle-free and well-supported.

As valuable resources, our Patient Advocates are here to assist Beneficiaries during their healthcare visits, ensuring confident navigation throughout the visit. From transportation and storage to dining and waiting areas, we're here to be your dependable partner during this important time, allowing you to focus on what truly matters – your health and well-being.

## PATIENT ADVOCATES

Monday through Friday  
8:00 AM to 4:30 PM

Weekend / Evening Travel  
ON-CALL

**KELLY SLAVEN**  
**(907) 942-6095**

kelly.slaven@kodiakhealthcare.org

**TRINA FOILEFUTU**  
**(907) 942-5126**

trina.foilefutu@kodiakhealthcare.org



## What Our Patient Advocates Do For You:

- **Locate Patient Housing and Off-Site Hotels:** Find comfortable and convenient accommodations. Our advocates can assist in securing patient housing or locating nearby hotels for your stay.
- **Travel and Housing Extensions:** If your medical journey requires an extension, our Patient Advocates can help you reach ANMC Clinics to submit travel and housing extensions.
- **Clinic Appointments:** Our advocates assist in scheduling your clinic appointments.
- **ANMC Shuttle Service:** Receive assistance with transportation needs between appointments.
- **Address Concerns with Care:** If you ever have concerns about your care at ANMC, rest assured that our Patient Advocates are here to listen and assist in resolving any issues.
- **Connect with Essential Services:**
  - **ANMC and KANA Travel Specialists:** If you need to change or cancel your flights, our Patient Advocates can connect you with ANMC and KANA Travel Specialists to handle your travel arrangements.
  - **ANMC Clinic Schedulers:** Coordinating, changing, or canceling appointments is made easier with our advocates' assistance in connecting you with ANMC Clinic Schedulers.



## Temporary Storage

Temporary storage for your luggage is available by visiting a Patient Housing front desk agent.

You'll receive a retrieval ticket, ensuring easy access to your belongings once your appointments conclude.



## Waiting for Travel Back Home

Rest comfortably between appointments or prior to your departure at several designated locations, including:

- Patient Housing Lobby
- Elder's Lounge at Patient Housing
- Cafeteria Seating Areas
- Rotunda at ANMC Main Entrance



## Dining Options

Meal cards are available for you and your medical escort. Obtain your meal card by presenting your flight itinerary and appointment letter at the Patient Housing or Qyana House front desk. Once eligibility is confirmed, you'll receive your cards, valid at the Patient Housing and Main Hospital Cafeterias.

<b>BREAKFAST</b>	<b>7 AM - 10 AM</b>
<b>LUNCH</b>	<b>11 AM - 3 PM</b>
<b>DINNER</b>	<b>4 PM - 7 PM</b>

Please note that meal cards are not accepted at Willard's Coffee Shop or Café D'Arte.

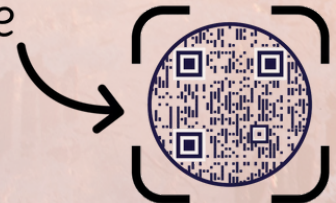


## ANMC Patient Shuttle

Navigating the ANMC shuttle service can be a breeze with the assistance of our advocates, making transportation between appointments a seamless process.

Stay informed about the shuttle's location—whether it's navigating the ANMC Campus or traveling to/from Ted Stevens International Airport. Access the live shuttle tracker by scanning the QR code below.

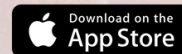
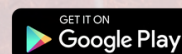
scan  
me



## TINITUN Wayfinding Directions

**Get the TINITUN APP and never get lost!**

- Parking Planner - tells you where to park and how to get there.
- Turn-by-turn indoor navigation to guide you to your destination.
- My Car Saver to remember where you parked and guide you back.



# Winter SAFETY TIPS

## 1 DRESS WARMLY

Layer your clothing to trap warmth. Start with thermal layers, add insulation, and finish with a waterproof, windproof outer layer. Don't forget a warm hat, gloves, and insulated, waterproof boots.

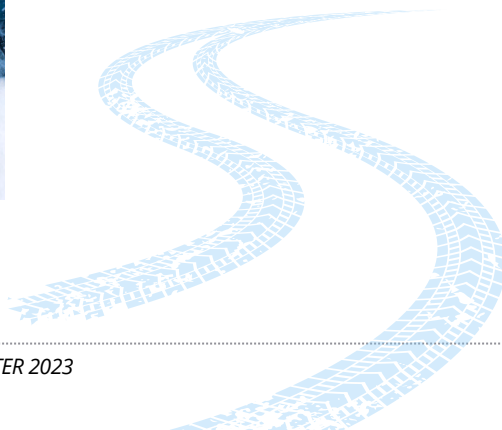


## DRIVING SAFELY

## 2



Ensure your vehicle is winter-ready with snow tires and chains if needed. Drive at reduced speeds and increase your following distance. Be prepared with an emergency kit in your car, including blankets, a flashlight, and non-perishable snacks.



## COMMUNITY CHECK



## 3

Kodiak Island's sense of community is vital. Check in on neighbors, especially the elderly or those with health issues, to ensure their well-being.



By following these winter safety tips, Kodiak Island residents can stay safe and make the most of the beautiful winter season, even in challenging conditions.

Remember, preparation and vigilance are key to a safe and enjoyable winter on the island.



## ICE SAFETY 4



Avoid walking on frozen bodies of water, as ice thickness can vary. When ice fishing or ice skating, go with a group and always let someone else know where you're going and when you anticipate returning.

## 5 WINTER SPORTS

If you're into winter sports, wear proper safety gear, and inform someone of your plans. Be aware of avalanche risks if skiing, snowmobiling, or snowshoeing in mountainous areas.



## HOME HEATING 6

If using a space heater or wood stove, ensure proper ventilation to prevent carbon monoxide poisoning. Keep a fire extinguisher handy and regularly clean chimneys and vents.





# *Piamci Amlesqat Uksut*

SEASON'S GREETINGS

## KANA CALENDAR

### DECEMBER

- 17 Family Craft Day
- 22-23 Last Chance Bazaar
- 25 Christmas Day Closure

### JANUARY

- 1 New Year's Day Closure
- 7 Orthodox Christmas
- 2-14 Winter Olympics Sign-Ups
- 14 Praznyk Celebration  
Sun'aq Tribal Hall
- 15 Martin Luther King, Jr. Day Closure

## JOIN OUR MAILING LIST

Ignite a healthier and happier you!  
Sign up for our KANA Wellness  
Newsletter and embark on a  
journey to well-being.

SIMPLY SCAN  
THE QR CODE  
AND COMPLETE  
THE FORM.



OR

Email your name and mailing address to:  
[communications@kodiakhealthcare.org](mailto:communications@kodiakhealthcare.org)