



KODIAK AREA NATIVE ASSOCIATION

# Kodiak Native Wellness News

## Qik’rtarmiut Asiitmen



Promoting Wellness and Knowledge for Kodiak’s Native People

NOVEMBER / DECEMBER 2017

### Inside *Iluani*

- President’s Letter \_\_\_\_\_ 2
- News and Updates \_\_\_\_\_ 2
- 2017 Employees of the Year \_\_\_\_\_ 3
- KANA Annual Meeting \_\_\_\_\_ 4
- Employee Spotlight: Beverly Moreno \_\_\_\_\_ 5
- KANA Tobacco Prevention Team \_\_\_\_\_ 5
- 2017 Kodiak Career and College Fair \_\_\_\_\_ 6
- MyHealth \_\_\_\_\_ 6
- Supplemental Youth Employment  
Training Program (SYETP) \_\_\_\_\_ 7
- Referral Appointments and Travel \_\_\_\_\_ 8
- Alutiiq Crossword Puzzle \_\_\_\_\_ 9
- Third Annual Sun’arausqat Katurgwiat \_\_\_\_\_ 10
- A New Publication on Alutiiq Plantlore \_\_\_\_\_ 11
- In the Studio with Genevieve Opheim \_\_\_\_\_ 12
- American Diabetes Month \_\_\_\_\_ 13
- Wellness Warrior: CJ Christiansen \_\_\_\_\_ 13



*KANA staff wore red on October 27 to bring attention to Red Ribbon Week.*  
*Front: Katherine Froehlich and Rebecca Wolkoff.*  
*Back: Heather Carlson, Paula Matchian, Maggie Christofferson, and Pam Helms.*  
 See more employee photos on page 14!

## PRESIDENT'S LETTER



Greetings!

I would like to thank everyone who attended this year's 51st Annual Meeting. We are always proud to share our achievements and discuss our envisioned future of health care. Congratulations to Loretta Nelson and David Eluska, Sr. who were both elected to serve on our Board of Directors. I would also like to thank Speridon Simeonoff, Sr. for the tremendous value he added to the Board over his 17 years of service. He has served as a great role model for our youth and has made a positive contribution to our community.

This fall, KANA's Prevention team has been working hard to provide education on a range of health issues. In September, several of our services teamed up for World Heart Day to convert the KANA Wellness Center into a public health fair. The community was invited to learn about cardiovascular disease and receive a series of free health screenings. In October, our staff promoted Red Ribbon Week by wearing red and encouraging families to talk to each other about drug abuse. Our Prevention team also met with the students at Kodiak Middle School and High School to give them positive guidance and encouragement for standing up to the challenges of today's youth.

November is American Diabetes Month. This is an opportunity for health care organizations across the country to bring attention to diabetes and its impact on millions of Americans. At least 1-in-10 Alaskan residents has diabetes, and it's estimated that 18,000 Alaskans have diabetes and are unaware of it. I encourage all of our Beneficiaries to learn more about the risks of diabetes and how to prevent it by talking with their Providers.

Awareness events like these are reminders that each of us are in charge of our own health, not only when we're not feeling well, but in our daily lifestyles. Avoiding illnesses such as heart disease and diabetes is a matter of making healthy decisions. I hope to see each of you at our community outreach events in 2018.

I want to thank everyone for helping guide KANA's path by providing your continued feedback. Each of your ideas and comments is valuable to our organization. Please take the time to complete our new online survey at [kodiakhealthcare.org/survey](http://kodiakhealthcare.org/survey).

On behalf of everyone at KANA, we wish you a happy and healthy holiday season. We look forward to serving you in 2018.

Respectfully,

Andy Teuber  
President and CEO

## News + Updates

Don't miss out on upcoming events!  
Sign up to receive emails with news  
and updates at [kodiakhealthcare.org](http://kodiakhealthcare.org)

### *Health Services Event for World Heart Day*

World Heart Day takes place every year on September 29. KANA used this international event to host a Heart Health Fair at the KANA Wellness Center. Several of our service departments—Medical, Behavioral Health, Prevention, Nutrition, and Wellness—promoted education about Cardiovascular Disease to members of the community. Attendees received free screenings to check blood pressure, anxiety, and body mass index (BMI). Having received around 100 visitors during the free event, we look forward to expanding our World Heart Day event in 2018.



Cyndy Malinit-Aquino, RN, reads the blood pressure of a visitor at KANA's World Heart Day event.

### *KANA Receives Behavioral Health Integration Initiative Funds*

In October, KANA was awarded the Behavioral Health Integration Initiative (BH2I) grant from the IHS, providing KANA with funding to hire two Behavioral Health Consultants (BHCs). BHCs will facilitate intake into care and ensure ongoing collaboration between Behavioral Health and other KANA Providers, as well as assisting clients in accessing other community services as needed. One of the program goals is to increase engagement rates for patients with undiagnosed behavioral health risk factors. The BHCs will be available to meet with patients during or following their primary care visit to help engage in solution-focused interventions for patients needing immediate intervention.

# 2017 Employees of the Year

## KODIAK EMPLOYEE OF THE YEAR

Matthew Kozak, *Prevention Grants Coordinator*

Matthew Kozak joined the KANA Prevention Team in December 2015 as the MSPI/DVPI Program Specialist. After just six months, he had proven he could take on more and was promoted to Prevention Grants Coordinator. Since then, Matthew has continued to assume new responsibilities and look for innovative ways to present prevention information to our youth and communities to improve overall health.

In addition, Matthew serves as a mentor to the men and youth in our community through the programs, activities, and educational opportunities offered by the Prevention programs. "I enjoy putting my education and previous experiences to good use by helping the community that raised me," Matthew tells us. "Supporting kids in their efforts to make healthy, positive choices is something I have been interested and involved in since I was a high school student myself."



KANA Annual Meeting, October 2017

*"This award was a surprise to me because I work in an organization where everyone is committed to achieving our goal to elevate the quality of life of the people we serve. There are many people who deserve just as much recognition, most notably my team who make everything we do possible."*



Matthew and the Explore the Rock kids, Ft. Abercrombie, August 2016



Andy Teuber presents the Employee of the Year award to Marlene Gundersen in Port Lions.

## KANA VILLAGE EMPLOYEE OF THE YEAR

Marlene Gundersen, *Port Lions Preschool Teacher*

Marlene Gundersen has been serving as Port Lions Preschool Teacher for almost 30 years, with only a two year break from 2000 to 2002. She is a dedicated teacher, ensuring quality instruction in preparing her students for their next step. Marlene strives to instill pride and accomplishment in her students, giving them a full graduation ceremony at the culmination of their preschool career. The community of Port Lions is fortunate to have such a devoted educator and we are proud to recognize Marlene as KANA's 2017 Village Employee of the Year.



Ruth Dawson was the ceremonial lamplighter for this year's Annual Meeting.

# KANA Annual Meeting

The Kodiak Area Native Association hosted its 51st Annual Meeting on Saturday, October 7. Welcomed by a morning buffet of pastries and coffee, Beneficiaries and employees arrived to celebrate another year of successes and accomplishments.

Program staff from KANA's VPSO program, Wellness Center, Prevention, Parenting with Love and Limits, Infant Learning program, and Dental departments presented their services and resources through table displays and one-on-one conversations.

Ruth Dawson was invited to light the traditional oil lamp and Mary Fern gave the invocation. Beneficiaries were welcomed by KANA President and CEO Andy Tueber who gave an overview of the past year and the organization's envisioned future.

This year, Board seats representing the Native Village of Afognak and the Native Village of Akhiok were up for election. Incumbents Loretta Nelson, representing the Native Village of Afognak and Speridon "Mitch" Simeonoff, Sr., representing the Native Village of Akhiok were in attendance.

Elected to the Board in 2004, Loretta Nelson currently serves as the Board

Chairman. Loretta said that serving the people and making sure they are getting the best services possible is something she is very passionate about.

David Eluska, Sr. was nominated from the floor and elected to represent the Native Village of Akhiok on KANA's Board of Directors. David previously served on the Board in 1974 and again from 1977-1999. During his previous tenure, David served as Treasurer, Parliamentarian, and Vice Chair.



Pam Helms celebrated her 30th KANAversary.



Sarah Nelson celebrated 20 years with KANA this year.

Andy Teuber thanked Speridon Simeonoff, Sr. for his service and accomplishments. Mitch represented the Native Village of Akhiok for 17 years.

Alex Beckman from BDO gave the Annual Audit Presentation. Roald Helgesen, ANTHC CEO and Hospital Administrator, shared recent changes at ANMC and updated Beneficiaries on current and coming resources. Robert Onders, President of Alaska Pacific University (Interim), presented on the Alaska Pacific University transitioning to Tribal University.

Andy Teuber presented KANA Staff Service Awards and Employee of the Year Awards. Employees are recognized for their year work anniversaries every five years. Sarah Nelson, Port Lions Community Health Aide Practitioner, celebrated twenty years with KANA and Pam Helms, Patient Account Representative, celebrated thirty years.

Matthew Kozak, Prevention Grants Coordinator, was awarded KANA Employee of the Year.

Marlene Gundersen, preschool teacher of Port Lions, was awarded KANA Village Employee of the Year. Marlene was also recognized for celebrating fifteen years with KANA this year. ■



KANA President and CEO Andy Teuber led the Annual Meeting.



Rozanne Rucker, Karissa Stoecker, Jason Opheim and Matthew Kozak display their services.



Dr. Robert Onders



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

## EMPLOYEE SPOTLIGHT

# Beverly Moreno

*Alternate Resource Specialist*

Alternate Resource Specialist Beverly Moreno loves working with people. In fact, she came to KANA to work as a dental assistant after originally pursuing an education in computers. She worked with KANA for seven years before taking some time off. She returned to KANA in March of last year to work at the front desk of Patient Services Representative and recently moved into Alternate Resources. She is still recognized by patients as the one who used to travel to the villages or take patient impressions. Her warm and welcoming personality has made a positive impact at KANA and we are proud to feature Beverly in this month's Employee Spotlight.

### Where did you grow up?

I grew up in Karluk but moved to Kodiak in 1998 when they closed the school.

### What do you like most about Kodiak?

I like that Kodiak is a small town. It took a while to get used to Kodiak; it was huge in comparison to Karluk. When it's nice out I like to hike the trails and go to the beach. I like to be outside.

### What do you like most about working at KANA?

The patient interaction--I've always had jobs where I could interact with people, I like working with people. I came back to KANA as a Patient Services Representative because I missed the patients. I like working with the Elders and seeing them happy. I like that it never stays the same. I get to work with all different kinds of patients.

### What is your most memorable moment here at KANA?

When I first started back here, there were patients who remembered me from

dental and that was really neat. One day an Elder came into the clinic, he saw me and his eyes got huge! I had worked with him at the Elders' Home in the past and he was excited to recognize me.

### You recently changed job positions.

### What have you learned in this role?

Being the Alternate Resource Specialist has helped me to understand how having insurance is very important to all Beneficiaries as it helps the services we offer grow.

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

To me, it means to help the people we serve in creating a better life for themselves, whether it means getting insurance or the care they seek, and to help them become more aware of the tools they have available to them.

### Where might we find you in 5 years?

Maybe once my kids are out of the house we'll move somewhere warm!

## KANA Tobacco Prevention Team Networks with Regional Organizations

KANA's Tobacco Prevention program is part of a statewide initiative to educate Alaskans about the impact tobacco use has on the state, including the economic factors, health outcomes, and overall wellness of tobacco users and those they interact with. This program is based on several approaches to improve outcomes, including education to prevent kids from starting, providing resources and support for those seeking to quit, and working to promote and implement policies about tobacco use at the Tribal, local, and state levels.

Through this statewide program, KANA works with other organizations in our region, including the Copper River Native Association (CRNA), Kenaitze Indian Tribe, and Chugachmiut. As part of this partnership, KANA staff attend events being hosted in the partner organizations' home communities as a way to build relationships and improve our own programs and services.

Recently, KANA's Tobacco Prevention Specialist Jason Opehim and Prevention Grants Coordinator Matthew Kozak attended the Cordova and Glennallen Health Fairs with partners from CRNA through a grant from the state's Tobacco Prevention and Control program. Jason and Matthew interacted with members of these communities, discussing the challenges and successes CRNA staff experience when working to improve health outcomes for their people. They attended Elder lunches, toured the CRNA facility and met with members of the administration, and drove to outlying communities to meet with staff at the health clinics to discuss the prevalence of tobacco use in their area.

These visits allow KANA's Tobacco Prevention staff to develop more effective programs, offer better services, and build closer ties to other organizations who share the goal of helping our Alaska Native Beneficiaries be as healthy as they can be and to elevate their quality of life in whatever ways they can.



Jason Opehim and Matthew Kozak at the Glennallen Health Fair.

## 2017 Kodiak Career and College Fair

On October 28, KANA partnered with the Kodiak Island Borough School District to host the annual Kodiak Career and College Fair. Representatives from higher education organizations and colleges around the state spoke with island students about post-high school opportunities.

Local businesses helped the students explore potential career paths and shared tips for getting hired in a variety of occupational fields.

The event was coordinated with KANA's TAY event, a week of activities for students from our rural villages.

If you have a student in your family who has questions for our Human Resources or Community Services teams about career and education guidance, they can email us at [info@kodiakhealthcare.org](mailto:info@kodiakhealthcare.org).



KANA's Human Resources Generalists  
Genevieve Opheim and Ashlee Hiner.



Maggie is one of our friendly patient service representatives who can set you up with MyHealth.

## MyHealth: Access Health Records Anytime Online

MyHealth (formerly myANMC) is a health management tool provided by Cerner® as a way for you to access health records online. MyHealth won't include all the information related to your treatment, but you will be able to view the following anytime, wherever you have internet access:

- Clinical record summary (allergies, immunizations, health issues, surgeries and procedures)
- Limited lab results (excluding sensitive test results or results that may require further discussion with your provider)
- Limited personal information
- Secure messaging with your provider

You should not rely on MyHealth for full and complete access to your health record. If you need a copy of your complete medical record, contact your medical Provider.

Contact a Patient Services Representative in our lobby to sign up for a MyHealth account.

## Need some extra assistance filing for Social Security?

### Social Security Workshops

Native Beneficiaries are invited to join us on the second and fourth Thursdays of every month at KANA's Near Island Conference Room for Social Security assistance. Dedicated staff, computers, and phone lines will be available from 10:00am–2:00pm to help assist you at any stage of an application.

Native Beneficiaries can receive assistance with:

*Contacting the Social Security Administration (SSA)*

*Filling out the initial application*

*Filing an initial appeal*

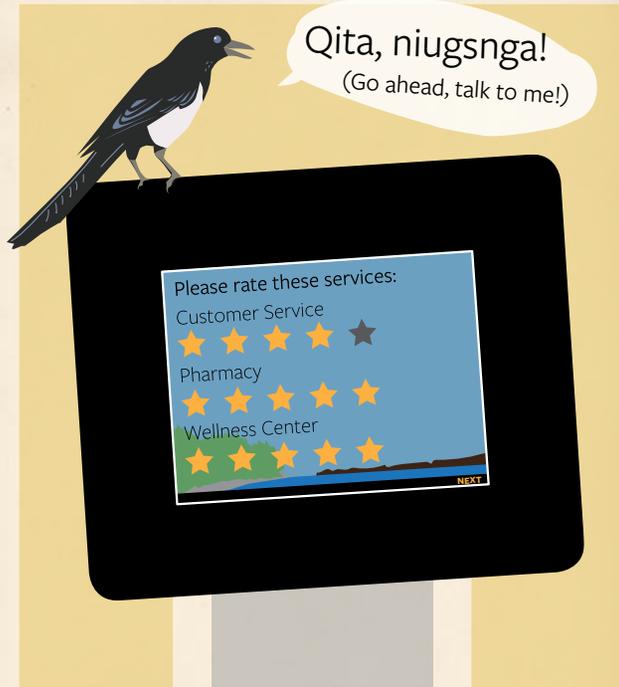
*Identifying and collecting supporting documents such as medical records*

*Requesting an extension*

Assistance is by appointment only.  
Call 907.486.9879 to schedule your time.



## Customer Satisfaction Survey



*Your feedback is essential in shaping and improving our services. Quyanaa!*

We've launched a brand new survey to learn more about your experiences with KANA's customer service. Find the **Survey Kiosk** in our main lobby, or take the survey on your phone or computer:

[kodiakhealthcare.org/survey](http://kodiakhealthcare.org/survey)

You are always welcome to email your ideas and comments anytime to [info@kodiakhealthcare.org](mailto:info@kodiakhealthcare.org).

## KANA's Supplemental Youth Employment Training Program (SYETP)

KANA's Supplemental Youth Employment Training Program (SYETP) provides valuable job training to Native youth throughout the year. SYETP enables participants to become active members of the community by providing them with employment and training. Participation also gives opportunity for youth to explore different occupational fields and helps them gain confidence and skills needed to continue towards their goals as they enter adulthood.

So far this year, forty youth have participated, accumulating 4,455 hours of employment in Kodiak, Old Harbor, Larsen Bay, Ouzinkie, and Karluk. Employers have included Ardinger's Furniture, Kodiak Animal Shelter, Hope Community Resources, KMXT Kodiak Public Radio, Brechan Industries, DeHart Construction, Kodiak Athletic Club, Kodiak Garden Project, Baranov Museum, Alutiiq Museum, Kodiak Island Housing Authority, Harborside Coffee, City of Kodiak Parks and Rec, 58 Degrees North, Sportsman's Lodge in Old Harbor, Alaska Brake and Tire, Threshold Recycling Services, Grand Slam Toys and Books, and the Kodiak Island Borough School District. KANA and the Tribal Offices of Ouzinkie, Old Harbor, Larsen Bay, and Karluk have also employed youth through SYETP.

KANA'S Employment Training and Support Services partnered with Tyler Kornelis of the Department of Economic Development at KANA and Rachel Miller of Alaska Pacific University to complete a food sovereignty survey in Kodiak villages. Twelve SYETP youth administered a two-page survey regarding

food supply and availability in Old Harbor, Ouzinkie, Larsen Bay, and Akhiok, and surveyed 118 households in four villages.



In Ouzinkie, an SYETP participant was a youth work team supervisor, watching over a crew of seven other young adults. The youth-centered management of the SYETP Workforce is a model that can be used in other villages.

To participate in the Supplemental Youth Employment Program applicants must be 14-24 years old and meet income eligibility standards. A wide range of jobs are available and an individual can work up to 150 hours a year for \$10 an hour. In the past, jobs were only available during the summer. Now, thanks to a partnership with the Kodiak Island Borough School District and greater participation by businesses and agencies on Kodiak, eligible Native youth can work after school and on Saturdays during the school year. ■

## What is the process for Referral Appointments and Travel to ANMC?

### INTERNAL REFERRALS (Services within KANA)

Your Provider creates a referral during your appointment.



Contact the Front Desk to schedule your appointment.



Contact your Care Team Navigator with questions about your referral.



### PLEASE NOTE:

In an effort to stay within the Tribal Health System, KANA sends patients to ANMC for radiology studies that cannot be completed at the Mill Bay Health Center. This includes non-urgent ultrasounds, mammograms, CT, MRI, and cardiac testing.

### SPECIALTY CLINIC REFERRALS AT KANA

Your KANA Provider or Specialist creates your Specialty Clinic referral during your appointment.



To schedule your Specialty Clinic appointment at KANA, you will take your referral card to the Front Desk.

If your ANMC Specialist refers you for follow-up at the KANA Specialty Clinic, KANA will contact you to make your appointment.

### IMPORTANT PHONE NUMBERS

For questions regarding your Specialty Clinic appointment, contact:

**KANA FRONT DESK:** 907.486.9870

Other resources:

**ANMC TRAVEL/CARE COORDINATOR:** 907.729.7720

**QUYANA HOUSE:** 907.729.2400, option 2

After midnight: 907.563.2662

**ANMC SHUTTLE:** 855.482.4382

**ANMC 24-HOUR TRAVEL OFFICE:** 907.563.2662

You are responsible for contacting ANMC or other healthcare facilities to reschedule your own appointment in the event of a cancellation or no-show from your original appointment.



### REFERRALS TO ANMC

Your Provider creates a referral during your appointment.



The ANMC Specialty Clinic receiving your referral will call you to set your appointment. Next they request travel arrangements and lodging if necessary by contacting The Quyuana Care Coordination Center.

If you are traveling with Medicaid Coverage, ANMC Medicaid will call you to make all of your arrangements and will forward your itinerary to the KANA Travel Specialist.

907.729.7720, Option 3

Your appointment schedule, approved travel dates, and housing verification (if necessary) will be forwarded to the KANA Travel Specialist for flight arrangements. KANA's Travel Specialist will phone you to seek your preferences before purchasing your tickets.

907.486.9823

The KANA Travel Specialist will contact you when your itinerary is ready for pick up.



The Travel Team **cannot** begin making these arrangements until they receive the appointment letter from ANMC/SCF confirming your appointment.

# ALUTIIQ MUSEUM HOLIDAY BAZAAR

Buy directly from Native and local  
artists in our gallery  
Early Bird admission for museum  
members 10 am  
Free public admission 11 am

Alutiig  
MUSEUM  
ARCHAEOLOGICAL  
REPOSITORY

December 2nd

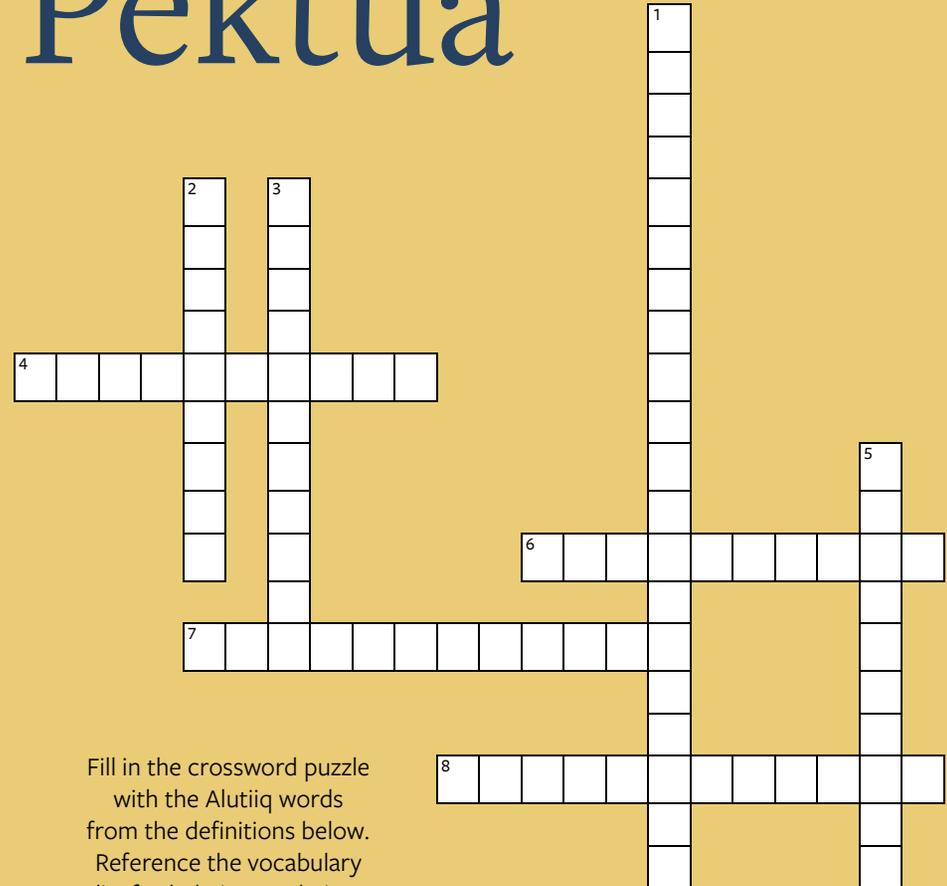
KANA



# LAST CHANCE XMAS BAZAAR

Friday, December 22  
4:00–6:00pm  
@ Koniag Building on Near Island

# Pektua *(I am working!)*



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

### ACROSS

- 4 doctor
- 6 post office
- 7 fisherman
- 8 policeman

### DOWN

- 1 nurse/  
health aide
- 2 worker
- 3 dentist
- 5 teacher

### VOCABULARY

- |                       |                   |
|-----------------------|-------------------|
| guutai'ista           | dentist           |
| iqallugsurta          | fisherman         |
| kalikarwik            | post office       |
| palicuuskiiq          | policeman         |
| pekt'staq             | worker            |
| sungca'istem ikaiyuwa | nurse/health aide |
| tuug'taraq            | doctor            |
| ucitiliaq             | teacher           |

# Third Annual Sun'arausqat Katurgwiat

The last week of October, forty-four middle school and high school students from our villages, Danger Bay, and Chiniak came to the city of Kodiak for Sun'arausqat Katurgwiat, or, *the Young People's Gathering Place*. Through a series of activities and events, students discovered what their career and educational interests were and began developing an ePortfolio that will guide them as they explore possible careers, vocational/higher education, self-employment, work experience and internship opportunities.

Positive Youth Pathways is now in its third year and includes rural school outreach and hosting of the annual Sun'arausqat Katurgwiat by the Kodiak Transition Age Youth (TAY) Coalition. TAY consists of members representing local businesses, Native organizations, secondary and post-secondary institutions, and government bodies that work together to align services, share best practices, and devise innovation transition activities.

Activities provided are rooted in Sugpiaq Alutiiq Native values that focus on knowledge and leadership as our youth plan their next steps forward into adulthood. Anticipated long-term outcomes will include a rise in rural youth graduating from high school and enrolling in vocational/postsecondary institutions.

Connecting the dots and aligning services are paramount to the continued success and sustainability on newly emerging strategies that are designed to provide support at various levels to teachers, students and communities.

Providing cultural activities during the event is important and this year students made Alutiiq masks and listened to a lecture from the Alutiiq Museum about the meaning of Talking Rocks. Local



Students from around the archipelago came together to explore career options and learn about education opportunities.

representatives from Native Youth Olympics provided a demonstration during the youth banquet. The Kodiak College shared course offerings through the Alutiiq Studies Program courses.

Koniag Education Foundation and their Community Mentorship Project facilitated portions of the agenda focusing on identifying strategies to improve student academic outcomes, teacher retention and healthy family communication.

Kodiak Library provided a series of activities for middle school participants through the Future Ready Exploratory Lab where students practiced college and career readiness skills, including self-awareness, accuracy of work, dependability, problem-solving, teamwork, and respect.

High school students engaged in a job shadow experience with six local employers: USCG, Monk's Rock, Arc 'N' Spark, Kodiak College Maritime Program, KEA, and Bayside Fire Department. These career interests are based on what the students expressed interest in and provided an opportunity to see firsthand

what tasks a professional does, to learn what skills and knowledge it takes to do the tasks, and to get a feel for what the work environment and routine is like.

Kodiak College hosted the 4th Annual Kodiak Island Scholarship Fair on Friday, October 27. This community-wide event was created to educate students and families about the numerous scholarship and financial aid opportunities available to Kodiak students.

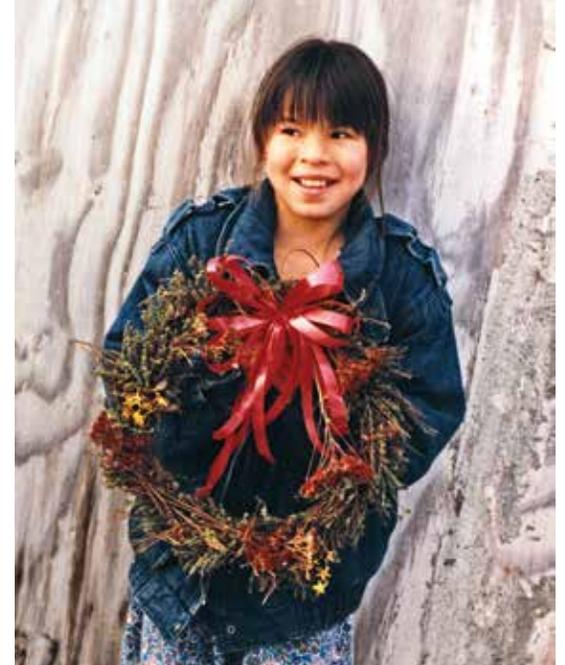
The Alaska Commission on Post-Secondary education organized the 2017 Kodiak College and Career Fair held on Saturday, October 28. Local employers represented various careers, military, post-secondary education, and other training options available to our students.

Through funds received from the Alaska Mental Health Trust Authority, the Kodiak Area Native Association's Tribal Vocational Rehabilitation Program has led regional efforts the past two years that have strengthened partnerships and implemented strategies that focus on improved outcomes of rural secondary students. ■

**LEFT:** Children with Labrador tea they gathered. Akhiok, December 1990. AM4:169

**MIDDLE:** Albert Adonga cutting driftwood for firewood. Old Harbor, November 1990. AM4:195.

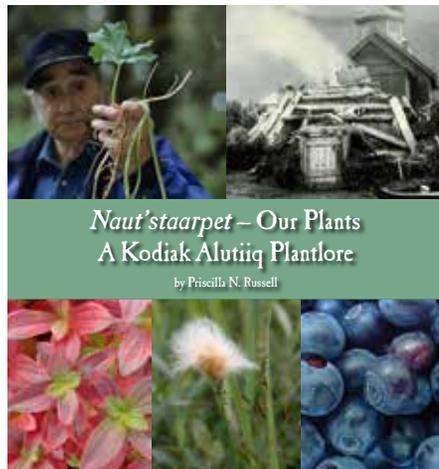
**RIGHT:** Sherry Phillips holds a Christmas wreath made from crowberry and other local plants. Akhiok, December 1990. AM4:167  
All photos by Priscilla Russell courtesy the Kodiak Area Native Association Collection, Alutiiq Museum.



## Plantlore Book Shares Traditional Knowledge

The hillsides are brown and the days short. Dead leaves crunch underfoot and the smell of wood smoke fills the air. Winter is on the horizon, but not everyone is indoors. In Alutiiq communities people are still harvesting plants. There are low bush cranberries to pick. This is a great time of year to collect the brilliant red berries, whose fruit has been sweetened by the cold. Or, you might gather fallen salmonberry leaves for use in a healing poultice, or pull dried grass stems and pound them into a banya switch. Whether you are splitting firewood, collecting kelp for pickling, or gathering Labrador tea to make a throat-soothing gargle, there are many useful plants to harvest at this time of year.

The Alutiiq Museum's latest publication explores these plant traditions, and



many more. *Naut'staarpet—Our Plants, A Kodiak Alutiiq Plantlore*, is a 181-page paperback filled with traditional knowledge. It features the research of Priscilla Russell, who visited all of Kodiak's communities in

1990 with support from KANA. With a notebook and camera, Russell worked with more than a hundred community members to document knowledge of local plants. She visited in different seasons, collected with people, and sat in their kitchens as they cooked and made medicines.

"Russell's research is an incredibly important archive of cultural information," said Alutiiq Museum Executive Director April Laktonen Counciller. "Her work provides a broad view of Alutiiq plant use in the twentieth century and an in-depth documentation of our traditional ecological knowledge. It also preserves the knowledge of many Alutiiq people who are no longer living, whose knowledge would otherwise be lost to time."

The book features 184 images of people, plants, plant harvesting tools, and environments from Russell's research and the museum's collections. Alutiiq plant names appear throughout the presentation. Elder Alutiiq speakers reviewed the terms collected by Russell and suggested additional words to include. The combination of Russell's text with colorful photographs and traditional vocabulary make this book a trove of cultural information. ■

*Quyanaa* to the Institute for Museum and Library Services and to the Alaska State Museum for supporting its publication. *Naut'staarpet* is available from the Alutiiq Museum Store for \$25. You may purchase online at [alutiiqmuseum.org/shop/museum-store/books](http://alutiiqmuseum.org/shop/museum-store/books) or visit the museum at 215 Mission Road in downtown Kodiak.

## IN THE STUDIO WITH:

# Genevieve Opheim

### **What is your studio space like?**

I have two easels set up in our dining room. I previously painted in other areas of the house—the garage and family room. However, I like my family and I like to spend time with them and not be isolated for long periods of time.

### **Where do you find inspiration?**

The scenic splendor of this island gets me every time! I have to admit that taking walks with me may take longer as I take hundreds of photos, whether the lighting is just right, or the season is just so, or there's a new perspective

on a trail that I've walked many times. My camera is well-used.

### **What advice would you give to someone who wants to explore creating art?**

Art is very personal. You're using your imagination and skill to create something that you can share with others. Find someone who you can learn from, who has the skills to share with you.

I've taken many classes, either to gain a skill, or to receive instruction from a specific individual. Often times I want to learn from someone

*Genevieve is an Inupiaq Artist whose interest in oil painting began while attending Chemawa Indian Boarding School in Salem, Oregon. She grew up in Alaska, primarily in Anchorage, and has lived on Kodiak Island for 15 years where she and her husband Jason raise their two boys, Leon and Joseph.*

who is accomplished in their field, or in a field that I am interested in.

In high school I had the opportunity to learn from a Native American artist, and even though his work wasn't my interest (he preferred primarily abstract), I appreciated what he could teach me, which was detailed techniques of oil painting. ■

*Genevieve's work can be seen at the Alutiiq Museum store and she will be December's Artist of the Month at The Frame Shop on Mill Bay Road. Her new works will debut at First Friday on December 1, 5:00-7:00pm.*



***“This rugged island is full of inspiration for paintings, drawings and creativity.”***

*Ing'iq/Barometer, 2017, oil, 48" x 12"*

# WELLNESS WARRIOR!

A showcase of inspirational role models and success stories from the KANA Wellness Center

When CJ Christiansen was diagnosed with diabetes this past January, he was taken by surprise. “I hadn’t been feeling well, so I went and saw Dr. Chelmo at KANA. He asked if I had ever been tested for diabetes. I didn’t think that was something I’d ever considered.” The next day, CJ got confirmation that he was diabetic. “It was kind of a shock. I spent two days feeling sorry for myself. I just didn’t know what to do and then I made the decision that I wasn’t going to let it beat me.”

After his diagnosis, diet was CJ’s first lifestyle change. Sugar and bread were immediately eliminated. He spent the first weeks using a glucose monitor to read how different foods affected his blood sugar levels.

The next step was to develop a fitness plan. While he was physically active in his youth, he gradually became more sedentary with age. “You can lose weight when you’re a commercial fisherman, but when I became a sport fishing guy, I really started to see my weight climb. I was around 240 lbs. in 2003 when I quit commercial fishing. Last summer I weighed 297.”

CJ worked with the staff of the KANA Wellness Center to develop a routine. He started working out three days a week, but once he started seeing results, he came in more frequently—often six days a week! “I have a lot more energy now,” he said. “I’m a lot more motivated to get out of the house and do stuff. Before, I would run up the stairs and I’d be huffing and puffing. I’m a lot stronger now.”

He’s thoughtful about his diet these days. He prepares low-calorie snacks and shakes to keep

his blood glucose levels in check and avoids eating out.

He also cut sugary drinks out of his life. “I used to drink a 6-pack of Coke a day. I’d be drinking one, empty it, and go get another one. That kind of behavior is hard to change once you’ve fallen into it. For a while I drank diet soda, but I didn’t feel well after drinking those.” His family has since switched to flavored seltzer water. “My kids drink them, and to them, those are almost like sodas. There’s no sugar. It’s just water with fizz in it.”



**“It feels good to be in better shape. I love coming to the gym. It’s difficult on some mornings, but once I’m here it’s great. I’m happy, I’m working out, and I know at the end I’ll be feeling great about myself.”**

— CJ Christiansen

A few months after CJ’s diagnosis, he attended a diabetes Specialty Clinic at KANA. CJ’s blood test results improved significantly! “Someone asked why I was even there, if I even had diabetes. I told her, ‘Yeah, I’ve been diagnosed with diabetes and I’ve just been taking care of myself in the past few months.’ It was a pretty good feeling.” ■

*KANA’s Wellness Center is a great resource for learning how to prevent diabetes through simple lifestyle changes. Talk with our friendly fitness staff today!*



**CJ Christiansen**

## American Diabetes Month

Every 21 seconds someone is diagnosed with diabetes. Together—through investment in research, education and prevention—we can improve the lives of all people affected by diabetes.

Diabetes is largely invisible. 1 in 11 Americans has it. Think about your friends. Count 11 of them. One of them may be living with diabetes. 84 million more people are at risk of developing type 2 diabetes and most don’t know it.

Talk with your health care Provider about diabetes and share any concerns you may have, whether regarding yourself or your family. KANA will be providing educational resources online via Facebook and our website.

### FIVE FACTS ABOUT DIABETES

1. Nearly **50% of American adults** have diabetes or prediabetes
2. One in three American adults is at risk for type 2 diabetes.
3. Diabetes affects **30.3 million children and adults in the U.S.** today—that’s 1 in 11 Americans.
4. Another 84.1 million Americans have prediabetes and are at risk for developing type 2 diabetes, and nearly 90% of American adults with prediabetes **don’t know they have it.**
5. Serious complications of diabetes include blindness, heart disease, stroke, kidney failure and amputations.

Visit [diabetes.org/thisisdiabetes](https://diabetes.org/thisisdiabetes) to learn more about diabetes.



**“I thought I was in fairly good shape, but I look at the pictures of me from back then and I think, ‘How can I ever have thought I was in any kind of shape!’”**



KANA Wellness Center staff



KANA administration staff



Juliana Anahonak and Fawn Chya

# Red Ribbon Week!

KANA joined forces with the National Family Partnership (NFP) in October to promote the Red Ribbon Campaign.

Since 1985, the Red Ribbon has touched the lives of millions of people around the world. NFP's mission is to lead and support our nation's families and communities to nurture healthy, drug-free youth.

KANA's staff showed its support by wearing red and giving out ribbons to everyone who took the pledge to talk to their families about staying drug-free.

Learn more at [redribbon.org](http://redribbon.org).



KANA Prevention team



Mill Bay Health Center staff

## 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](mailto:info@kodiakhealthcare.org)

## UPCOMING SPECIALTY CLINICS\*

### ARTHRITIS NOV 20-21

### CARDIOLOGY NOV 27 & 29

Referred appointments for Specialty Clinics will now be made at the Front Desk.

Please schedule your appointment with a Patient Services Representative or call 907.486.9870

\*Dates are subject to change with short notice. Find current information on our Facebook page or at [kodiakhealthcare.org/events](http://kodiakhealthcare.org/events).

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

## KANA WELLNESS CENTER WINTER CLASS SCHEDULE

### MONDAY

Circuit Training

6 AM | 9 AM | NOON

### TUESDAY

Total Body H.I.T.T.\*

5:30 PM

### WEDNESDAY

Circuit Training

6 AM | 9 AM | NOON

### THURSDAY

Total Body Express

5:30-6:00 PM

Stretch Out

6:00-6:30 PM

### FRIDAY

Circuit Training

6 AM | 9 AM | NOON

\***TOTAL BODY H.I.T.T.** Get your evening kick with this fast-paced circuit class! Our Total Body High Intensity Interval Training class will strengthen your muscles and your heart, increase metabolism, and leave you feeling energized!



Like us on **Facebook** for class reminders, Workout of the Week videos, fitness tips, and more!

@kanawellnesscenter

Presorted Standard  
U.S. Postage PAID  
Anchorage, AK  
PERMIT NO. 125





Rozanne Rucker, Karissa Stoecker, Jason Opheim and Matthew Kozak display their services.



Sarah Nelson celebrated 20 years with KANA this year.

# KANA Annual Meeting 2016-2017



KANA President and CEO Andy Teuber led the Annual Meeting.

The Kodiak Area Native Association celebrated its 51st Annual Meeting on Saturday, October 7. Welcomed by a morning buffet of pastries and coffee, Beneficiaries and employees arrived to celebrate another year of successes and accomplishments.

Program staff from KANA's VPSO program, Wellness Center, Prevention, Parenting with Love and Limits, Infant Learning program, and Dental departments presented their services and resources through table displays and one-on-one conversations.

Ruth Dawson was invited to light the traditional oil lamp and Mary Fern gave the invocation. Beneficiaries were welcomed by KANA President and CEO Andy Teuber who gave an overview of the past year and the organization's envisioned future.

This year, Board seats representing the Native Village of Afognak and the Native Village of Akhiok were up for election. Incumbents Loretta Nelson, representing the Native Village of Afognak and Speridon "Mitch"

Dr. Robert Onders



Simeonoff, Sr., representing the Native Village of Akhiok were in attendance.

Elected to the Board in 2004, Loretta Nelson currently serves as the Board Chairman. Loretta said that serving the people and making sure they are getting the best services possible is something she is very passionate about.

David Eluska, Sr. was nominated from the floor and elected to represent the Native Village of Akhiok on KANA's Board of Directors. David previously served on the Board in 1974 and again from 1977-1999. During his previous tenure, David served as Treasurer, Parliamentarian, and Vice Chair.

Andy Teuber thanked Speridon Simeonoff, Sr. for his service and accomplishments. Mitch represented the Native Village of Akhiok for 17 years.

Alex Beckman from BDO gave the Annual Audit Presentation. Roald Helgesen, ANTHC CEO and Hospital

Pam Helms celebrated her 30th KANAversary.



Administrator, shared recent changes at ANMC and updated Beneficiaries on current and coming resources. Robert Onders, President of Alaska Pacific University (Interim), presented on the Alaska Pacific University transitioning to Tribal University.

Andy Teuber presented KANA Staff Service Awards and Employee of the Year Awards. Employees are recognized for their year work anniversaries every five years. Sarah Nelson, Port Lions Community Health Aide Practitioner, celebrated twenty years with KANA and Pam Helms, Patient Account Representative, celebrated thirty years.

Matthew Kozak, Prevention Grants Coordinator, was awarded KANA Employee of the Year. Marlene Gundersen, preschool teacher of Port Lions, was awarded KANA Village Employee of the Year. Marlene was also recognized for celebrating fifteen years with KANA this year. ■



Beneficiary Ruth Dawson. Ruth lit this year's ceremonial oil lamp for the Annual Meeting.