



Building a home away from home

When the new patient housing facility opens in January 2017, it will be more than a new building. It will be a new place for Elders to heal after surgery before flying home, where they can eat traditional foods. It will be a new place for family and friends to gather in the new dining area and lobby.

But mostly, it will be a home away from home for our people while undergoing medical treatment at the Alaska Native Medical Center or accompanying a loved one. When the ANTHC Board of Directors first conceived the idea of a new patient housing facility on campus, they imagined a place for health and healing that embraced Alaska Native culture and eased the pain of traveling and being away from home.

Among the 200 rooms of the new patient lodging facility are 34 rooms dedicated to children and families. Through a partnership with Ronald McDonald House Charities of Western Washington & Alaska, the ANTHC patient housing facility will be home to Alaska's first Ronald McDonald House.

Below are stories that show the impact a Ronald McDonald House can have for families facing difficult health challenges.



ABOUT THE RONALD MCDONALD HOUSE AT ANMC

The Ronald McDonald House at ANMC aims to provide long-term shelter and support to patients receiving care at Alaska Native Medical Center in Anchorage.

"We've wanted to do an Alaska house for a long time," said Michelle Scharlock, communications manager for Ronald McDonald House Charities

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ALASKA NATIVE MEDICAL CENTER

New, expanded Infusion Center, Oncology and Hematology Clinics

Our growth at ANMC focuses on improving access to care for our people, while also enhancing the quality and experience of the care we provide. Our latest projects expand the ANMC Infusion Center and Oncology and Hematology Clinic and will help achieve these goals through the addition of 20,000 square feet of new clinic space.

The fourth floor of the Healthy Communities Building (HCB) on the west side of the Alaska Native Health Campus is being remodeled for additional patient care space to meet the growing health needs of our people. The clinics will move from ANMC into the new space and create additional opportunities for expansion in the hospital. The clinics will open in their new location on the fourth floor in early October.

In addition to expanded clinical space, patients receiving infusion therapy can now sit and look out at a brilliant view of the Chugach range — the infusion bays will also have double-blinds which can provide a screened view or a blackout setting for resting. The lighting in each bay can be adjusted for patient comfort and the bays are designed to more comfortably accommodate an escort or family member who is caring for the patient.

The new Infusion Center provides a more patient-centered care environment, offering a variety of settings for patients to receive their treatment — private rooms, group rooms for activities while having treatment, and the more traditional semi-private patient space. The floor will also have a Healthy Meeting Room, which is a space for care group meetings, for family post-treatment moments and other patient education opportunities.

The Infusion Center and Oncology and Hematology Clinic will join the Internal Medicine, Podiatry and



Pulmonology Clinics in the HCB, which moved in May 2016.

There is shuttle service from the ANMC hospital to the new clinics. For more information, contact ANMC

Customer Experience at (907) 729-3990. For more information about this project, contact Julia Suver in Strategic Access at jsuver@anthc.org.

MISSION

Providing the highest quality health services in partnership with our people and the Alaska Tribal Health System

VISION

Alaska Native people are the healthiest people in the world

VALUES

*Achieving excellence
Native self-determination
Treat with respect and integrity
Health and wellness
Compassion*

THE MUKLUK TELEGRAPH

The Mukluk Telegraph is the official newspaper of the Alaska Native Tribal Health Consortium.

The paper is published quarterly and distributed at no charge to customer-owners, employees and partners of ANTHC statewide.

How are we doing?

Have a suggestion or a compliment for the Mukluk Telegraph?

We would love to hear from you. E-mail the ANTHC Marketing Department at marketing@anthc.org.

SUBSCRIPTIONS

Want to receive the Mukluk Telegraph in the mail? Write to marketing@anthc.org and we'll add you to our mailing list.

The Mukluk Telegraph is available online at anthc.org/news.

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of Western Washington & Alaska.

Plans for the Anchorage facility include rooms designed with families in mind, gathering areas and kitchen space. The Ronald McDonald House at ANMC will accommodate women with high-risk pregnancies and pediatric patients at ANMC and their families.

For the many ANMC patients who come from rural communities, finding accommodations during a medical trip to Anchorage can be a challenge. Nearly a decade ago, lacking the resources to actually build a Ronald McDonald House in Alaska, the charity organization partnered with ANMC to provide a van shuttle service for patients traveling to Anchorage for medical care. The shuttle serves hundreds of families annually. Meanwhile, out-of-town patients routinely stayed in off-campus motels, isolated from other patients and vital support services.

So, about three years ago, Scharlock said, the medical center proposed another project: A new Ronald McDonald House, built into one of the six floors at the patient housing facility.

The House is more than walls and a roof. There are plans to develop a community rooted in Alaska Native culture, offering traditional cooking and craft classes and other activities. The common areas provide space for patients to meet and mingle. For many visitors, this can be one of the most important aspects of their stay at the Ronald McDonald House.

NO ONE THOUGHT MICHAEL'S HEART WOULD SEE HIM THROUGH HIS FIRST BIRTHDAY

Foster parents Andrew and Judith Frey welcomed Michael into their lives when he was three weeks old. They were told he would likely live just a few more weeks. He had numerous heart defects that made it

hard for him to breathe and drained his energy.

At two months old, Michael was medevacked to Seattle where he stayed for three weeks, which then turned into two years. During those two years, the Freys — Judith, Andrew and their 16-year-old daughter — stayed at the Ronald McDonald House in Seattle on five separate occasions, ranging from three weeks to six months. The final, longer visit was as they awaited Michael's heart transplant.

"The doctors said there wasn't anything more they could do surgically to repair the heart, so they had to do a transplant," Judith said. "They said to plan to be there for a year to three years."

The Freys ended up staying for six months.

Michael stayed in the hospital to recover for three weeks after the successful transplant procedure. They spent another three months at Ronald McDonald House so they could be near the hospital just in case.

The heart transplant has greatly improved Michael's quality of life. He is now able to tear around the family's porch on his bike, something that wouldn't have been possible prior to the surgery because he was often attached to oxygen tubes.

The family spent so much time in Ronald McDonald House that it became a home away from home and a place to forge connections with other families.

"Having others going through similar experiences was helpful," Andrew said. "You have an appreciation and a sensitivity to them, and that environment creates a great community and camaraderie."

HOCKEY PLAYER FINDS COMMUNITY DURING TREATMENT FOR CANCER

Justin Woods first noticed the lump on his knee about six years ago.

He got it checked. Doctors called it a calcium deposit. A teenager at the time, Woods thought

nothing of it as a hockey player for West Valley High School and signed up to play for the University of Alaska Fairbanks Nanooks.

Then the lump started to hurt. During Woods' freshman year in college, he felt a lingering soreness in his knee. Tests remained inconclusive, but he decided to remove the lump when the hockey season ended in the spring.

After the surgery, the doctor delivered the news: The lump was more than a calcium deposit, it was a rare bone cancer called Ewing's Sarcoma. Woods would need treatment immediately, doctors said. He'd need to go to Seattle, they said. He'd need to stay there for nearly a year.

"Basically, I just was in complete shock. I didn't know what to do or think. My life just paused for a minute when I got the news," Woods recalled. "I thought to myself, 'My life's over. I'm not gonna play hockey anymore.'"

But his life wasn't over, and he wasn't alone. Woods' mother accompanied him to Seattle Children's Hospital, and the Seattle Ronald McDonald House opened its doors, providing a place to stay throughout his treatment. To Woods, it became a home away from home, a place to find support in the months-long battle for his life.

"It's a really good environment," he said. "Everyone's there for an unfortunate reason, but everyone's super nice."

His mother spent time with the other parents there, a support system that helped Woods cope with his own treatment, he said. During one of the most uncertain times in his life, he said, the Ronald McDonald House gave him a measure of comfort.

Today, Justin Woods, now 22, has been cancer-free for more than a year, he said. Next year, he'll be back on the ice, playing hockey for the Nanooks, thinking about life after graduation.

Learn more about the patient housing project at www.anthc.org.

THRIVE!

Inspiring wellness through Native humor, art and media
Host: ANTHC's Injury Prevention Program

A NIGHT OF COMEDY

WITH **TATANKA MEANS**

October 19th
WEDNESDAY

WESTMARK FAIRBANKS HOTEL

813 Noble St. | Doors open at 6:30pm (5:30 for VIP) | Show starts at 7pm

Ticket price: \$25 (\$18 youth)

OR

\$45 for VIP - a non-alcoholic event that includes appetizers, goodie bag & meet and greet with performers

Proceeds to benefit Tribal injury prevention efforts.

Tickets available at www.inspiringgoodhealth.org or at the door

HEALTH TECHNOLOGY & TELEHEALTH

Telehealth available in more clinics across the Alaska Tribal Health System

Telehealth is now available for the ANMC Neurosurgery Clinic and the Pain Management clinic. These clinics recently saw their first patients, bringing the number of ANMC services available for video teleconference to 30.

Last year, the number of clinics available for video teleconference consultations was 19. In the past year, the following clinics have become available for telehealth video conferencing and treatment following initial consultation with a provider:

- ☐ Neurology Emergency Consultation (with ANMC ED only);
- ☐ CCU Isolation Room for Ebola or other infectious agent response (if need arises)
- ☐ Ear, Nose and Throat (ENT) clinic
- ☐ Primary Care to rural Anchorage Service Unit from Southcentral Foundation
- ☐ Women's Health - OB/GYN
- ☐ Sleep Lab consultation
- ☐ Maternal Fetal Medicine
- ☐ Palliative Care
- ☐ Pediatric Neurology
- ☐ Pain Clinic
- ☐ Neurosurgery

A key benefit of telehealth is increased access for follow-up visits to providers and specialists not usually available in rural areas. Through telehealth, our people can remain in their home communities by giving them access to the highest quality health care professionals in regional or urban centers.

ANTHC's AFHCAN Telehealth Solutions program has improved health care for Alaska Natives and rural Alas-



kans around the state and helps make patient care more efficient by reducing the wait time, travel time and expense of specialty care and follow-up visits.

Telehealth is also becoming increasingly important for the way that health care is delivered across the U.S. and Alaska. This spring, the Alaska Legislature passed a bill that allows Medicaid beneficiaries to be seen via video teleconference consultation.

For more information, visit anthc.org/what-we-do/telemedicine.

CURRENT LIST OF ANMC SERVICES AVAILABLE BY VIDEO TELEMEDICINE*

Oncology
Cardiology
Pediatric Endocrinology
Pediatric Speech Language Pathology
Adolescent Medicine (From ANMC only – care delivered by Seattle Childrens Hospital)
Breast Cancer Screening (From ANMC only – care delivered by Mayo Clinic)
Endocrinology
Pulmonology
HIV/EIS
General Internal Medicine
Infectious Disease
Neurology
Dermatology
Emergency Department (to Eastern Aleutian Tribes, Aleutian Pribilof Island Association and Chugachmuit only)

Gastroenterology
Hepatitis
Nephrology
Diabetes
Rheumatology
Neurology Emergency Consultation (with ANMC ED only)
CCU Isolation Room for Ebola or other infectious agent response (if need arises)
ENT
Primary Care to rural Anchorage Service Unit from Southcentral Foundation
Women's Health - OB/GYN
Sleep Lab consultation
Maternal Fetal Medicine
Palliative Care
Pediatric Neurology
Pain Management Clinic
Neurosurgery

*as of 07/14/2016

One diverse workforce, a world of opportunity.



Did you know ANTHC is one of Alaska's top employers?

Be part of the dynamic team supporting the health and wellness of Alaska Native people, through specialty medical care, innovative technology, wellness and prevention services and clean water and sanitation systems.

Your next move can make a difference!

Learn more at anthc.org/careers.



ALASKA NATIVE
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To speak directly with an ANTHC recruiter, call (907) 729-1301 or email careers@anthc.org.

HEALTHY PEOPLE & PREVENTION

Nome Elder celebrates smokefree living

Leo Ferreira from Nome, Alaska started smoking when he was in his early 20s.

He started because he thought it was cool to have a cigarette dangling from his lips. He did not know that from that moment on he would be addicted to cigarettes for the next 50 years. When his wife stopped smoking, he realized he should do the same, not only for his health but also for the cost savings. He saw a TV commercial of a guy who owned a brand new 4-wheeler who bought it with the savings he had from quitting tobacco. Those motivations led him to enroll in the ANTHC Tobacco Treatment Program.

Leo stopped smoking by getting support from a certified tobacco treatment specialist and by using nicotine replacement patches. He noticed that once he started using the patches, he didn't have cravings for cigarettes. He also started noticing little things around him, like the grass growing on the ground, and he began to feel healthier.

Leo's advice to others is that nicotine clouds your mind. When you're struggling to quit, know that you'll start noticing the positive effects, like being able to smell fresh air. He suggests being true to yourself, and having someone quit alongside you. For young people who are experimenting with tobacco use, he says, "don't start, it takes up your energy" and he wants young people to stay healthy.

The ANTHC Tobacco Prevention program offers tobacco treatment services to ANTHC employees and patients of the Alaska Native Medical Center. Participants receive counseling (in person or over the phone) from a certified Tobacco Treatment Specialist and information on nicotine replacement therapy options available such as nicotine patches, gum and lozenges. To enroll in the program call (907) 729-4343.

For those outside of the Alaska Native Health System, the Alaska Tobacco Quit Line offers tobacco treatment services including one-on-one coaching and nicotine replacement therapy. To enroll, call 1-800-784-8669 (QUIT NOW) or visit www.alaskaquitline.com.

ANTHC CELEBRATES 10 YEAR TOBACCO-FREE CAMPUS ANNIVERSARY

This November marks the 10 year anniversary of the Alaska Native Health Campus becoming tobacco-free! The Alaska Native Health



Leo Ferreira

Campus has been 100 percent tobacco-free since 2006 and will celebrate this achievement on Nov. 17 alongside the American Cancer Society's Great American Smokeout (GASO). The American Cancer Society began celebrating the one day GASO event in the 1970s primarily as a way to encourage current tobacco users to make a plan to quit, or to go completely

tobacco-free on that day.

Throughout the years the GASO has evolved and many organizations and communities now use it as a way to also celebrate tobacco-free workplace policies and community-wide smoke-free workplace laws. When policies such as these are put in place, evidence indicates that current tobacco users are more likely to quit. ANTHC and

"Our campus is a place of health. We are encouraging healthier decisions by prohibiting tobacco use on campus."

— Lincoln Bean, Sr., ANTHC Board of Directors Vice-Chair

the Alaska Native Health Campus are proud to be one of the major tobacco-free and smokefree organizations in Alaska.

"Our campus is a place of health. We are encouraging healthier decisions by prohibiting tobacco use on campus," said Lincoln Bean, Sr., ANTHC Board of Directors Vice-Chair. "When the Board established its tobacco-free policy, the Consortium was ahead of many organizations but knew it was important to encourage others to quit."

In honor of the 10 year anniversary of going tobacco-free there will be a celebration at the Alaska Native Medical Center hospital and Anchorage Native Primary Care Center on Thursday, Nov. 17 from 11 a.m. to 1 p.m. Certified Tobacco Treatment Specialists will be available to offer guidance and resources for those interested in quitting.

For more about the The Great American Smokeout visit the American Cancer Society's website at cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/.

5th Annual **Golf Classic**

Thank you to our sponsors, supporters and golfers!

inspiringgoodhealth.org

HEALTHY HOMES & COMMUNITIES

Water is Life project celebrates clean water and healthy Alaska Native cultural values

The National Tribal Water Center (NTWC) and the Alaska Rural Utility Collaborative (ARUC) teamed up in May and June to bring a new approach for ANTHC Environmental Health and Engineering working with our communities. "Water is Life" is an education and awareness campaign centered on the village's water source. The Water is Life project uses art, education and collaboration to increasing the pride in ownership of water and sanitation systems. The project partnered with the communities of Russian Mission and Deering to celebrate healthy Alaska Native cultural values and traditions surrounding water and was possible with funding from ANTHC's Healthy Alaska Natives Foundation.

At the heart of the Water is Life project were community visioning meetings. The main outcome of the visioning meetings were to provide a "canvas" for community members to share their thoughts, ideas and vision for how their village could be artistically represented. Both community visioning meetings started with a prayer, and included some food to share and people who demonstrated what water means to them. An artist attended each community visioning meeting, took notes, listened and sketched ideas.

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Water

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The project team members, James Temte, NTWC director, Marleah LaBelle, ARUC community relations manager, and Bailey Gamble, environmental health specialist, helped facilitate the meetings. The visioning meetings inspired mural paintings by indigenous artists Linda Infante Lyons (Alutiiq/Sugpiaq) and Andrew Morrison (Apache/Haida). Lyons' mural paintings are on large canvases that now adorn the school cafeteria in Russian Mission, and Morrison's mural painting is a 20 by 30 foot mural on one of the community water tanks in Deering.

The Water is Life project in each community held a "Water Week" of events and activities for everyone in the village to participate. Water Week included a community water bingo night complete with water themed prizes, a movie night and the mural unveiling and community potluck. With school still in session in May 2016, Russian Mission (population: 334) celebrated by paint marbling with school children. In Deering (population: 130), the Water is Life project organized a children's mural painting on another water tank, nearly all of the children in Deering participated. Each event provided opportunities for the project team to talk about the importance and the health benefits of water.

Temte envisioned the Water is Life project. "The main purpose of the mural is to use art to celebrate water and create teachable moments," Temte said. "We have something that we can use to start a conversation around water."

The project's goals and objectives were to increase community understanding of water's health benefits and risks, and to foster stewardship of both the local water and water infrastructure.



HEALTH ADVOCACY

The customer voice: How surveys after your hospital stay help improve care at ANMC

At the Alaska Native Medical Center, we continually strive to provide high-quality, compassionate care for all of our patients and families. Patient feedback in the form of comments, concerns, complaints and compliments, helps inform us of where we need to make improvements to better the patient experience.

How do we collect your feedback? One way is by conducting a follow-up survey after a hospital stay. After you or a loved one return home from your hospital stay at ANMC, you may receive a phone call from our independent survey contractor, Press Ganey, asking you to answer some questions about your inpatient stay. You might have wondered why you received the call and if you should answer.

All acute care hospitals throughout the U.S. participate in a patient survey process designed and regulated by the Centers for Medicare and Medicaid Services. This Hospital Consumer Assessment of



Healthcare Providers and Systems (HCAHPS) survey measures patients' perspectives of their hospital care.

By your participation in the HCAHPS survey, you provide us with valuable feedback that we can utilize to make improvements. The HCAHPS survey is composed of 27 items that encompass critical aspects in an inpatient hospital stay: communication with doctors, communication with nurses, responsiveness of hospital staff, cleanliness of the hospital environment, quietness of the hospital environment, pain management, communication about medicines, discharge information, overall rating of hospital, and recommendation of hospital.

"We value all feedback we receive from our people," said Allison Knox, ANMC Vice President of Customer Experience. "Responses to HCAHPS surveys provide us an understanding of our patients'

perception of care, which we utilize in developing improvement initiatives and improving the care we provide."

ANMC also collects feedback from patients through outpatient clinic surveys. These satisfaction surveys are provided to customers during clinic visits and rate staff courtesy, whether culture and traditions were respected, and overall customer satisfaction. This data is also utilized for analyzing potential areas of improvement.

For more information on inpatient and outpatient surveys, please contact Allison Knox at aknox@anthc.org. To share a concern, comment, compliment or to address questions you may have, please contact ANMC Customer Experience at (907) 729-3990, toll-free at 1-877-223-9284 or by emailing customercontact@anthc.org.

HEALTHY HOMES & COMMUNITIES

Stay warm and save energy – home energy savings tips

The winter months in Alaska come with more hours of darkness and cold, and harsh weather conditions that can be tough on your home. It can be challenging to stay warm and protected from the elements. ANTHC's Rural Energy Initiative program has several tips that can help you not only keep warm as winter approaches, but save money by reducing the use of energy.

WINTER ENERGY TIP #1: CHECK YOUR AIR VENTS AND RADIATORS

Air circulation is key to making sure your home gets properly heated in the winter time. Make sure vents and radiators aren't being blocked by furniture or drapes. Blocked vents and radiators not only keep the warm air from getting

into your house, but they could potentially be fire hazards. Also be sure to clean out your baseboard units of dirt and dust that may have accumulated as it can restrict the flow of warm air into your rooms.

WINTER ENERGY TIP #2: WEATHERIZE YOUR DOORS AND WINDOWS

One of the toughest things to overcome when heating your home is air leakage. Air leaks through the door seals, around window frames, electrical outlets and light switches. Make sure any cracks or gaps around your doors and windows are properly sealed to keep cold air from getting into your house. You can use caulking to seal the window frames and general purpose weather stripping around your doors.

Also consider door draft guards to slide under doors.

WINTER ENERGY TIP #3: SAVE ELECTRICITY COSTS BY TURNING OFF LIGHTS

During the darker winter months, we tend to keep the lights on for longer periods of time. It can become habit to turn more lights on than needed and forget to turn them off. Be mindful of where you are using lights and be active in turning anything off that you don't need. You can also replace the bulbs in your most frequently used rooms with more energy efficient bulbs such as light-emitting diode (LED) bulbs or install occupancy sensors which will automatically shut off lights if you are not actively in the space.

2016 ANTHC Annual Meeting



Monday, November 28 at noon
Dena'ina Center, Anchorage, AK

Every day, ANTHC staff provide life-changing health services and improve access to care for Alaska Native people around our state. Please join ANTHC's Board of Directors and leadership team to learn more about our work at the ANTHC Annual meeting.

To help offset travel costs, a \$500 travel reimbursement will be issued to each tribal government represented.

For more information, call (907) 729-1915, visit www.anthc.org or look for updates in the mail.



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

HEALTHY PEOPLE & PREVENTION

Play Every Day campaign showcases healthy activities in rural Alaska through partnership with ANTHC

Obesity has become a major health problem for Alaskans; about 1 in 3 children in Alaska is overweight or obese, and 2 out of 3 Alaska adults are overweight or obese. Obesity and related chronic conditions, such as type 2 diabetes, put children's health at risk. To help raise awareness about the health risks of childhood obesity, ANTHC's Alaska Native Epidemiology Center used funding from the Centers for Disease Control and Prevention to partner with the Alaska Department of Health and Social Services Play Every Day campaign to bring this important health message to rural Alaska.

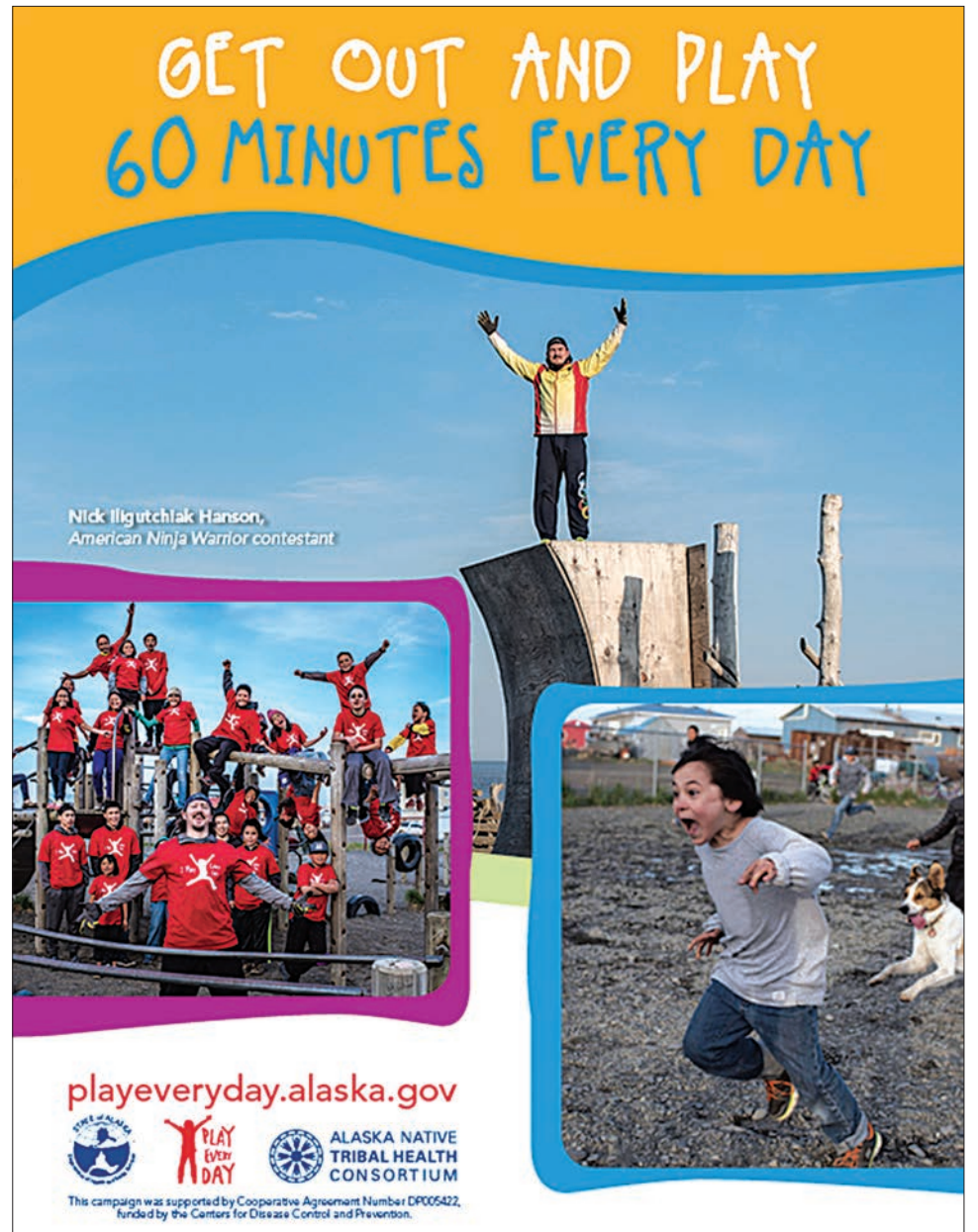
The latest activities from this partnership include two video public service announcements, posters and ads that show the healthy activities happening in our rural communities.

The first video shows Nick Hanson of Unalakleet, who appeared on the TV

show "American Ninja Warrior", and how he supports healthy activities for youth through running and encouraging everyday exercise. The second video celebrates Carolyn and Shane Iverson of Bethel, who share how they promote health with their family through coaching youth sports and practice of traditional activities at fish camp.

These PSAs are being shared by Play Every Day and ANTHC through social media and TV and will be promoted throughout the fall.

Please join us in encouraging our young people to be as healthy as possible. You can see both PSAs online at youtube.com/playeverydayak.



HEALTH ADVOCACY

Health Insurance: Peace of Mind for Alaska Native people

Everybody wants to make good decisions about their own health care. Reduce stress, eat right, exercise and see your doctor regularly. We all want health, harmony and peace of mind, especially when it comes to our families. Don't let worries about health insurance or coverage when you are away from home get in the way! Thankfully, there are new insurance options that offer coverage. Under the new health

care law, more American Indian and Alaska Native people can get better coverage at our Alaska Tribal hospitals and health clinics.

Many American Indian and Alaska Native people now qualify for health insurance through Medicaid, Denali KidCare and the New Health Insurance Marketplace. The time to sign up is now, before someone you love really needs it.

Do you want health insurance paid for you?

The Tribally-Sponsored Health Insurance Program may pay for health insurance for you if you qualify.

Where can I get more information and sign up?

Visit anthc.org/tship to find the contact in your area and see if you are eligible and get help with enrollment.



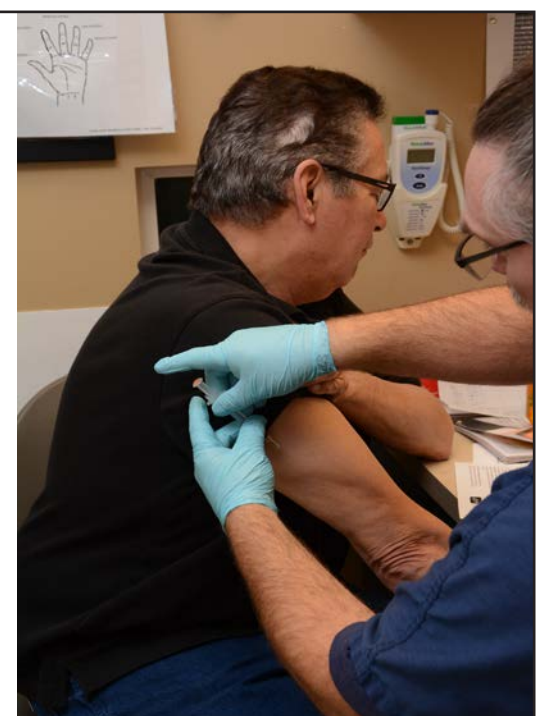
FIGHT THE FLU! For a healthy you and for the health of those around you – get vaccinated today!

Flu vaccination is safe, easily available and the best way to prevent you and the people you care about from getting the flu, which is easily spread and can be deadly.

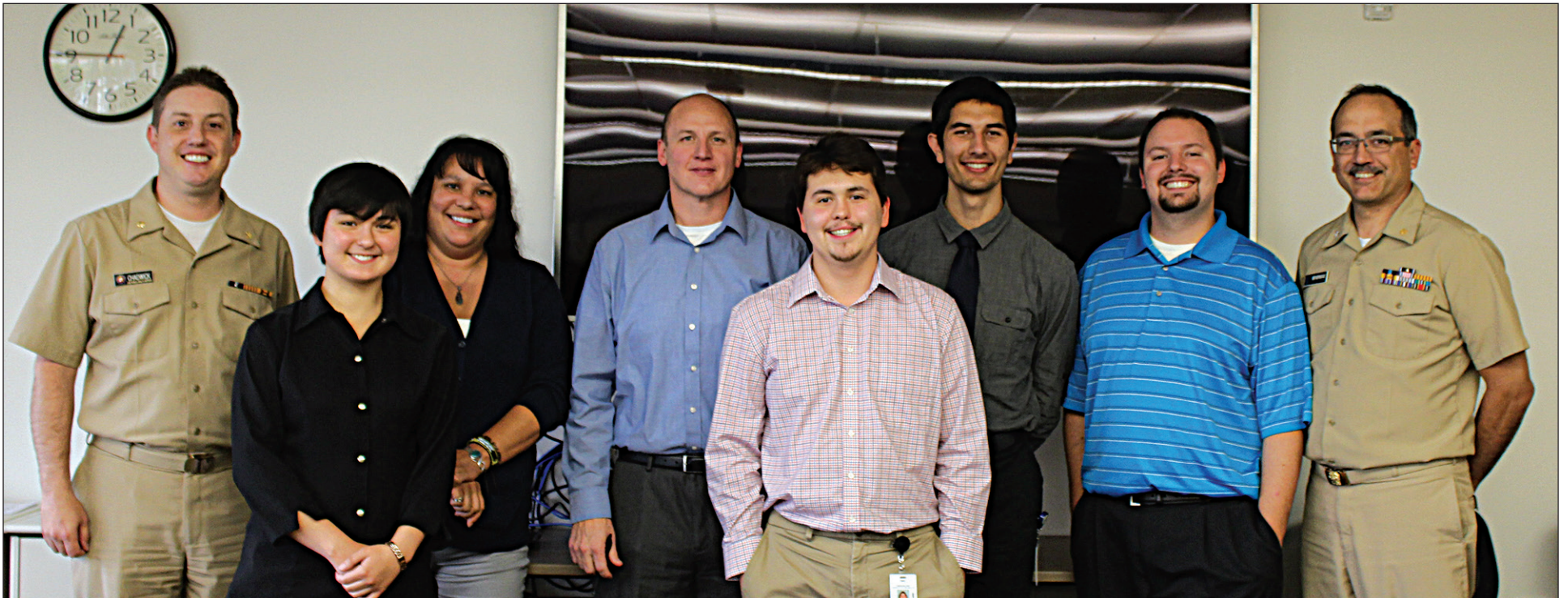
For vaccination information or to get vaccinated today, contact your local Tribal health organization or your provider at Alaska Native Medical Center.



Learn more about the flu and myths and facts about vaccination at: www.cdc.gov/flu.



HEALTH TRAINING & EDUCATION



Summer interns help drive ANTHC forward

ANTHC is committed to strengthening our Alaska Native and Native American workforce and developing future Alaska Tribal Health System leaders by offering a number of summer internships. This summer, ANTHC was thrilled to welcome several summer interns to different departments across campus.

COMMUNITY HEALTH SERVICES

Our Clinical and Research Services department hired three interns—Rebecca Ervin, Amy Michels and Katie Roseberry.

Rebecca Ervin grew up in Anchorage and is currently a full-time student at the Alaska Pacific University (APU) working toward a Bachelor of Arts degree in Counseling Psychology. Ervin had the opportunity to job shadow researchers with the Biomarker Feedback to Motivate Tobacco Cessation in Pregnant Alaska Native Women (MAW Study). She assisted in data entry and had an opportunity to tour the mother-baby unit at ANMC.

Amy Michels, from Wasilla, recently earned her Bachelor of Arts degree in Psychology with a minor in Mathematics from Fort Lewis College in Durango, CO. Michels worked on projects focused on palliative care and respiratory illness.

Katie Roseberry, from Barrow, is currently a senior at the University of Alaska Fairbanks (UAF) and is part of the Alaska Native Science and Engineering Program (ANSEP). Next spring, she will graduate with her Bachelor of Arts degree in Biology with a minor in Biochemistry. During her internship, Roseberry had the opportunity to job shadow Dr. Brian McMahon, Dr. Jacob Gray, and Dr. Rod Smith. She has also been

working on a Bronchiectasis study with Dr. Rosalyn Singleton as well as data entry of historical research records for the Institutional Review Board.

In addition, Ervin, Michels and Roseberry worked with Dr. Timothy Thomas, ANTHC Director of Clinical and Research Services, on a proposal for a sugar-sweetened beverage project focusing on the high consumption rate in rural communities and the effects sugar-sweetened beverages have on the health of our people.

Our Behavioral Health department hired two interns—Rachel Tilden and Elizabeth Williams.

Rachel Tilden, born and raised in Dillingham, is a recent graduate from University of Alaska Anchorage (UAA) with her Bachelor of Arts degree in Psychology. Tilden plans to continue her education and work toward a Master's degree or Ph.D. in Community Psychology within the next year.

Elizabeth Williams, from Juneau, is currently a senior at UAA studying Social Work and is one of the leaders for a student club called Active Minds that provides mental health advocacy and education to students on campus who might be struggling with mental illness.

Tilden and Williams have primarily been working with the Substance Abuse and Suicide Prevention programs but have also been assisting all Behavioral Health programs in different capacities.

Karolyn Ceron, from Kodiak, interned with ANTHC Wellness & Prevention department and the Alaska Native Epidemiology Center. She is an undergraduate senior at UAA in the Dietetics Pre-Major program with a minor in Alaska Native Studies. Karolyn plans to apply for admission into the graduate program for Dietetics

next spring. She came to ANTHC as one of the First Alaskans Institute 2016 interns. Her work this summer supported the EpiCenter and Wellness and Prevention Departments in a number of activities including preparation for the Alaskan Plants as Food & Medicine Symposium and conducting a literature review about behavioral economics and patient behavior.

ENVIRONMENTAL HEALTH & ENGINEERING

Tvetne Carlson, Gwen Francis, Collette Kawagley, Andrea Moreno and Aaliq Rowland interned for six different departments within Environmental Health and Engineering.

Tvetne Carlson is from Cantwell and is majoring in Civil Engineering at the UAA through ANSEP. This summer, Carlson traveled to many Tribal communities throughout Alaska with the Engineering Service Department to help with permits, planning, design and surveying.

Gwen Francis is from Pitkas Point. She is currently pursuing her Electrical Engineering degree at UAA through ANSEP and is expected to graduate spring of 2018. Francis is working in the Strategic Access department and has helped work on expansion and improvement projects on campus including the remodel of the third and fourth floors of our Healthy Communities Building (HCB) and the new Patient Housing building.

Collette Kawagley is a junior pursuing a bachelor's degree in Mechanical Engineering from UAA through ANSEP and anticipates graduating in the spring of 2018. Kawagley's family is originally from Bethel. As an intern with project

management, Kawagley is working with Scattered Sites program. Her job duties included processing applications, helping the department with purchase orders, assisting with site visits and construction inspections. She also helped with soil testing.

Andrea Moreno's family is from Alakanuk. She is a Civil Engineering student at UAA, also in ANSEP. Moreno is a year-round intern for the Alaska Rural Utility Collaborative (ARUC). This summer, she worked in the field on service connection projects, energy upgrades and on energy related projects and assisted with purchasing materials. Moreno hopes to work for ANTHC after graduating next spring.

Aaliq Rowland, whose family is from Nome and King Island, is an ANSEP Mechanical Engineering student at UAA. Rowland's projects as a summer intern with Tribal Utility Services include assisting with operations and maintenance manuals, water treatment training and energy related operations manuals such as wind to heat and waste heat. Rowland anticipates graduating in next spring.

Internships and other job opportunities with ANTHC are available for application at anthc.org/anthc-job-openings/.

HEALTH TRAINING & EDUCATION

Dental Health Aide Therapists celebrate graduation and program enhancements in new partnership with Iñisaġvik College

On Friday, June 3, ANTHC's Dental Health Aide Therapist (DHAT) educational program hosted their annual Dental Health Aide Therapist graduation and transition ceremony.

At the ceremony, ANTHC, the University of Washington MEDEX program and Iñisaġvik College announced enhancements to the DHAT educational program. In 2017, the program will be academically affiliated with Iñisaġvik College, Alaska's only accredited Tribal college, and will now offer both a certificate and an Associate of Applied Science in Dental Health Therapy, allowing students to apply for scholarships and federal student aid.

Also celebrated were two new graduates from their two-year course

of study. An additional seven students participated in the white coat ceremony, which symbolizes the transition from their first year to their second year of education and the beginning of clinical practice.

The DHAT graduates heard remarks from several guest speakers including Diane Kaplan, President and CEO of the Rasmuson Foundation, Dr. Christopher Halliday, Dean of the Missouri School of Dentistry and Oral Health, A.T. Still University, Terry Scott, Director of the University of Washington MEDEX program, and Pearl Brower, President of Iñisaġvik College. Brower congratulated them on their achievements and commitment to Tribal dental health. The audience



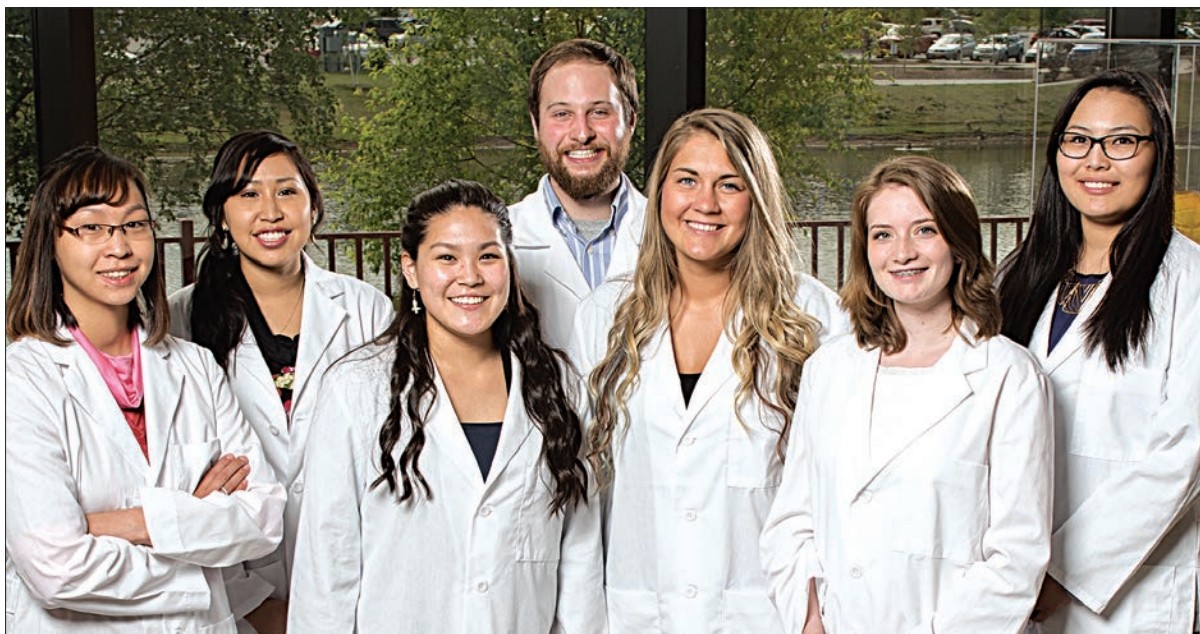
included the students' family and friends, along with numerous ANTHC partners who have supported the DHAT Educational Program. This was the eighth graduation ceremony for the ANTHC DHAT Educational Program that brings dental health closer to home for rural communities.

Graduating students are: Summer Lynch of Haines, Alaska, sponsored

by SouthEast Alaska Regional Health Consortium (SEARHC) and Jaslyn Wren of Iliamna, Alaska sponsored by Southcentral Foundation.

Transitioning students are: Dominic Comerate, Jr., Deidre Dayton and Tiffany George, sponsored by Tanana Chiefs Conference; Naomi Petrie, sponsored by Confederate Tribes of Coos Bay, Lower Umpqua, and Siuslaw Indians; Allison Ayapan and Hannah Howard, sponsored by Yukon Kuskokwim Health Corporation; and Shonna Wheeler, sponsored by Eastern Aleutian Tribes.

Learn more about ANTHC's work with the Alaska DHAT program at anthc.org/dental-health-aide/ and keep up with Alaska's DHATs on Facebook at [facebook.com/ANTHCsmile](https://www.facebook.com/ANTHCsmile).



HEALTHY PEOPLE & PREVENTION

Prevent winter falls and slips – Injury prevention tips for safe winter walking

The winter season is upon us and with it comes more darkness, colder weather, ice and freshly fallen snow. These conditions increase the risk of slip and fall related injuries like cuts and bruises, broken bones and traumatic brain injury. ANTHC's Injury Prevention program has a number of safety tips to help you avoid injury when walking on ice and snow this winter.

TIP #1 – PLAN AHEAD

When walking on ground that is slippery, walk slowly and take smaller steps. Give yourself enough time to get where you need to go. The risk of slipping and falling increases when you are in a rush and walking faster. Look for the safest route to your destination and avoid taking short cuts or walking on uneven ground.

TIP #2 – WEAR THE RIGHT SHOES (OR CLEATS)

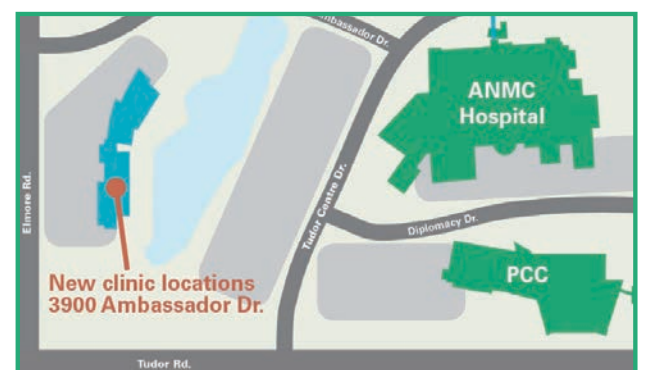
Proper foot wear is a must during winter months. Avoid wearing shoes or boots with a smooth sole and opt for a pair that has visible treads to provide traction. Also consider investing in a pair of ice cleats or grippers.

TIP #3 – KEEP YOUR HANDS FREE

Wear gloves so you can keep your hands out of your pockets. This helps you to maintain balance and allows you the opportunity to protect and catch yourself if you do happen to fall. Refrain from using your phone or digging in your purse or backpack while walking as it distracts you from seeing the path in front of you.

We're building better health!

Some ANMC clinics have recently moved across campus



Recently, several ANMC clinics moved from the hospital and the Primary Care Center (PCC) across campus. These clinics were relocated and expanded to better serve the needs of our people.

The clinics haven't moved far-- only across the pond to the Healthy Communities Building (HCB) on the west end of campus, at 3900 Ambassador Drive.

Formerly in the PCC, the Internal Medicine, Dermatology and Pulmonology Clinics are now in the HCB.

Formerly in the ANMC hospital, the Infusion Center and Oncology and Hematology Clinic are now in the HCB.

Shuttle service is provided between the ANMC hospital and the HCB Monday-Friday.



HEALTHY PEOPLE & PREVENTION

Seasonal flu vaccines now available: Vaccine facts for your health

As flu season begins, it is important to know the health benefits of getting an annual flu shot versus myths about the vaccine.

It is important for all people to get vaccinated for the flu to protect ourselves, as well as our family, co-workers and community. In addition, influenza poses a greater risk to certain people like pregnant women, children and Elders – they are all at high risk for flu-related complications. ANMC offers the quadrivalent flu vaccine that protects against many forms of the flu virus that may occur in this flu season. There are also special formulations for those with egg allergies.

COMMON MYTHS ABOUT THE FLU VACCINE

Myth: *The flu vaccine can cause influenza.*

Fact: You cannot get the flu from a flu vaccine. The vaccine does not contain live flu viruses or in many cases, the flu virus at all. Vaccine safety is closely monitored annually by the Centers for Disease Control and Prevention and the Food and Drug Administration.

Myth: *It is better for my immune system to get the flu rather than the flu vaccine.*

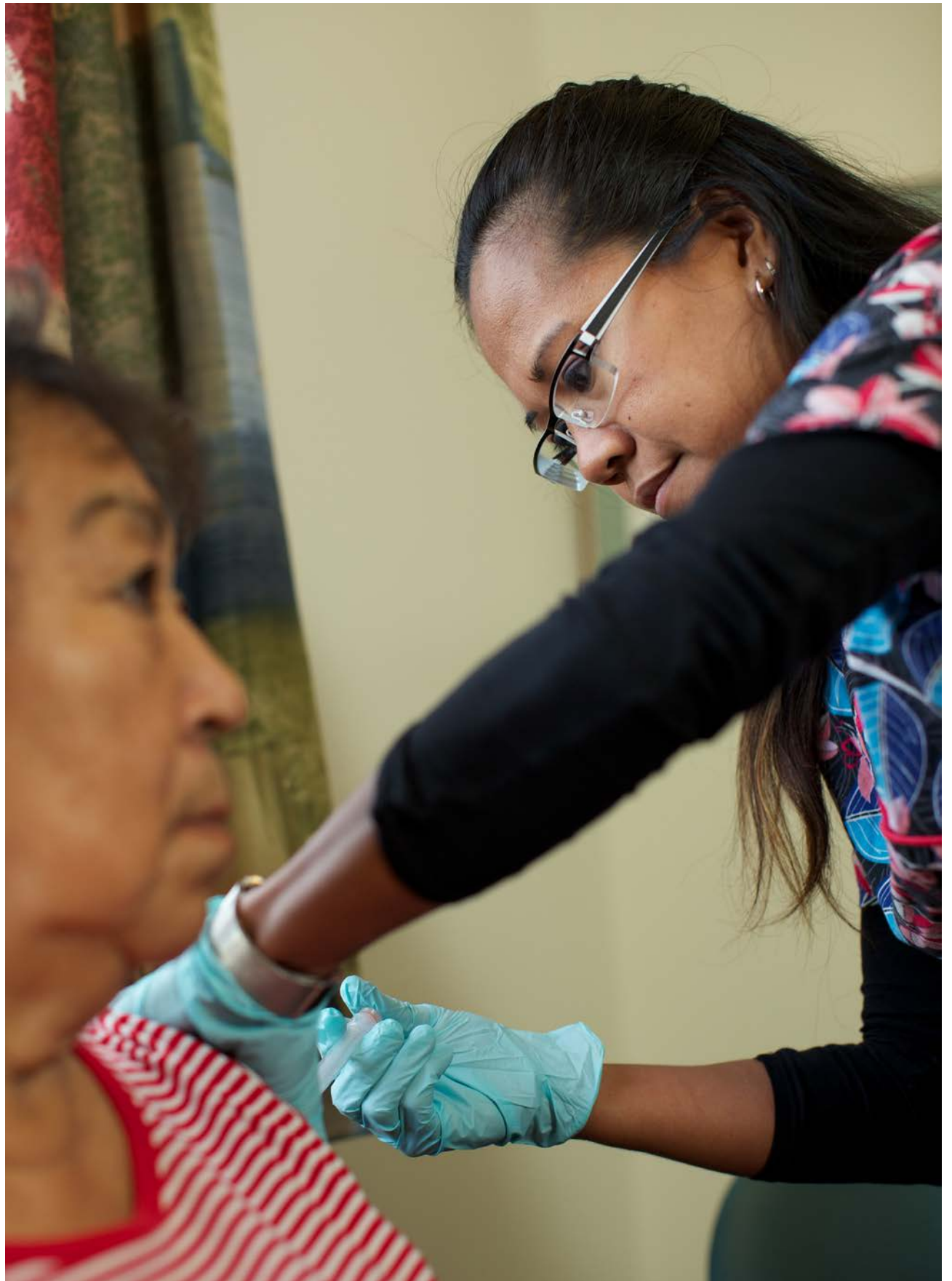
Fact: No. Flu can be a serious disease, particularly among young children, older adults, and people with certain chronic health conditions, such as asthma, heart disease or diabetes. Any flu infection can carry a risk of serious complications, hospitalization or death, even among otherwise healthy children and adults. Therefore, getting vaccinated is a safer choice than risking illness to obtain immune protection.

Myth: *It is better to wait until more people have the flu to get the flu shot.*

Fact: The Centers for Disease Control and Prevention recommend that flu vaccinations begin soon after vaccine becomes available, if possible by the start of flu season in October. However, as long as flu viruses are circulating, it is not too late to get vaccinated, even in January or later. While seasonal flu outbreaks can happen as early as October, flu activity typically peaks between December and February, although activity can last as late as May. Because it takes about two weeks after vaccination for antibodies to develop in the body that protect against flu virus infection, it is best that people get vaccinated in time to be protected before flu viruses begin spreading in their community.

Myth: *The flu vaccine isn't effective; I got it last year and still got sick.*

Fact: Flu vaccines are not 100 percent effective (unfortunately, no vaccines are 100 percent effective),



but they do reduce the risk of catching the flu. The vaccine effectiveness varies from year to year, but when more people get the vaccine immunity protection is increased for the whole community. This means that the greater the proportion of people who are immunized increases the effectiveness of vaccines. It is especially important to get the vaccine to protect Elders, children and those with compromised immune systems who are unable to be vaccinated.

Myth: *I am healthy, so there is no need for me to get a flu vaccine.*

Fact: It is true that the flu vaccination is routinely recommended for people who have a chronic illness. But anyone – even healthy people – can benefit from

being vaccinated. Current guidelines suggest that children ages 6 months to 19 years old, pregnant women, and anyone over age 49 be vaccinated each year. In addition, the flu shot is recommended for healthy people who might spread the virus to others who are particularly susceptible. For this reason, health care workers are routinely advised to get the flu vaccination to protect their patients.

Learn more about influenza and vaccination myths and facts at cdc.gov/flu/about/qa/misconceptions.htm.

Free flu vaccines are now available for our people at the ANMC Primary Care Clinic. No appointment is necessary when you visit a flu vaccine clinic on any Saturday in October. Flu vaccination clinics are held at the ANMC Primary Care Center every Saturday in October from 10 a.m. to 2 p.m.