



THE

Mukluk Telegraph

THE OFFICIAL QUARTERLY NEWSPAPER FOR THE CUSTOMER-OWNERS OF THE ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

JULY - SEPTEMBER 2016

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The 6-story, 200-bed patient housing facility construction continues with completion expected in late 2016. The facility will be available for the more than 60 percent of people who travel to the Alaska Native Medical Center for care.

New construction continues on Alaska Native Health Campus

The summer construction season is bringing some exciting changes to the Alaska Native Health Campus and many of our communities across the state.

In May, we celebrated the opening of the expanded ANMC Internal Medicine, Podiatry and Pulmonology Clinics. The addition of 20,000 square feet of new clinic space on the third floor of the Healthy Communities Building on the west side of campus helps meet the growing health needs of our people.

Construction is also underway on the fourth floor of the Healthy

SEE CONSTRUCTION, PAGE 12 ►



ANMC hosted a successful donor drive for the Bone Marrow Registry. Less than 1 percent of registered donor are Alaska Native or American Indian people.

Visit www.bethematch.org for more information on how you can help save the life of someone with leukemia, lymphoma or other life-threatening diseases.

Bone marrow donor drive at ANMC boosts Alaska Native donor pool

Less than 1 percent of Alaska Native and American Indian people are represented in the bone marrow donor registry, the largest and most diverse stem cell registry in the world. For patients diagnosed with leukemia, lymphoma and other life-threatening diseases, a bone marrow or umbilical cord stem cell transplant may be their best or only hope for a cure.

However, 70 percent of patients who need a stem cell transplant do not have a matched donor in their family. A person is more likely to find a donor from the same ethnic background, which is why we need to increase the number of Alaska Native and American Indian people in the registry to help our patients.

“For Alaska Native and American Indian people, it’s less of a waiting list issue and more about a lack of available of donors,” said Dr. Matt Olnes, ANMC Medical Director for Oncology and Hematology. “You want a donor to be matched with respect to their HLA typing,

which are proteins on the cells of the body that vary within ethnic groups. Most donors in the registry are Northern European. Those of Alaska Native or American Indian descent have unique HLA patterns, which makes finding a donor problematic.”

To increase the number of Alaska Native and American Indian people in the donor registry, ANMC hosted a Bone Marrow Donor Registry Drive in May, which targeted adults ages 18-44. Those aged 45-60, were invited to stop by the booth for details regarding online registration.

Overall, 58 volunteers signed up for the registry, and 67 percent were of Alaska Native and/or American Indian decent. Per Be the Match, this was more than double the normal drive registration rate, as 25 people or more registering is considered a successful drive.

Donors were required to provide a cheek swab, which was sent to the National Marrow Donor Program to be evaluated and typed. Donors

also filled out an application and consent to be contacted later if their stem cells are needed in the future. On average, one out of every 430 people on the U.S. Be the Match Registry will go on to donate peripheral blood stem cells to a patient.

“We are excited to increase the percentage of Alaska Native and American Indian donors through our participation in this successful second annual Bone Marrow Donor Registry Drive,” said Anne Marie Bott, ANTHC Oncology Pharmacist. “We are so thankful for those who signed up to be matched, as you never know whose life you could save.”

Look for the Bone Marrow Donor Drive at ANMC next spring. For more information on bone marrow donation, please contact Anne Marie Bott at (907) 729-2143 or ambott@anthc.org or visit www.bethematch.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.

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Community Health Aide Program forum brings together CHA/Ps from across Alaska

The ANTHC Community Health Aide Program (CHAP) recently hosted its annual weeklong CHAP forum in Anchorage for Community Health Aides and Community Health Practitioners (CHA/Ps). The forum gives CHA/Ps the opportunity to connect with their peers from other regions, earn continuing education credits and celebrate at an awards luncheon that honors outstanding CHA/Ps. This year, 59 CHA/Ps from 16 Tribal health organizations attended the event, held April 25-29 at ANTHC's Consortium Office Building.

During the forum, staff from the Alaska Native Epidemiology Center's Wellness

Strategies for Health Program coordinated an interactive session that focused on using policy, systems and environmental changes to promote physical activity, healthy eating, breastfeeding, tobacco cessation and prevention, health literacy and management of chronic disease. CHA/Ps completed a variety of activities that included using the "Teach Back" method to improve communication with patients, assessing clinic hypertension screening and referral protocols, promoting tobacco-free workplaces, supporting breast-feeding, encouraging consumption of healthy food, and increasing opportunities for physical activity.

The Shining Star luncheon and award ceremony took place Tues., April 26. During the award ceremony, a proclamation signed by Governor Bill Walker was presented designating April 25-29 Community Health Aide, Community Health Practitioner, Dental Health Aide and Behavioral Health Aide Week.

The Shining Star award was presented

to Sally Nukwak from Manokotak for her dedication, teamwork and exemplary patient care. Emerson Kvasnikoff from Chugachmiut was awarded the Rising Star award for his hard work and diligence. This year's Outstanding Accomplishment award was presented to Julianna Anelon from Southcentral Foundation. Anelon was one of the CHP responders to a fatal plane crash at Iliamna Eastwind Lake last fall. She was very brave and helped to direct others assisting at the scene.

At the end of the award ceremony, there was a moment of silence to honor Irene Aukongak, for dedicating more than 25 years of excellent health care service to Norton Sound Health Corporation and Dr. Walter Johnson, for dedicating more than 60 years of service to improving access to care in rural Alaska and his career-long contributions to the Community Health Aide Program.

Learn more about the Community Health Aide Program at www.akchap.org.

ANMC serves herring eggs, celebrates traditional foods

For years, Alaska Native leaders negotiated with the U.S. Department of Agriculture for permission to serve traditional foods to those who could really benefit from their healing and comforting effects. ANTHC has long been at the forefront of advocating for the positive aspects of harvesting and eating traditional foods- and permission to serve them to our patients and visitors at the Alaska Native Medical Center.

In 2013, a bill from former Alaska U.S. Sen. Mark Begich, named the "The Traditional Foods Nourishment Act of 2013" passed, making it easier to serve Alaska Native foods in facilities like hospitals, schools, childcare and eldercare facilities.

As of May, ANMC is now offering herring eggs on our inpatient menu. Patients can order herring eggs on kelp, served cold with a choice of mayonnaise, soy sauce or olive oil.

To celebrate this special occasion and introduce our new traditional food menu item, ANMC Executive Chef Amy Foote prepared a special herring egg salad to serve to our patients, made with spinach, carrots, green onions, radishes, tomatoes, mayonnaise and fresh lemon zest and juice.

"At ANMC, we believe in the healing power of traditional foods," said Foote. "These foods heal not only the body, but also the mind and spirit."

ANMC cafeteria staff visited the patient floors and offered our patients the special treat. Faces lit up and people asked for seconds. Many staff also asked for a taste.

The herring eggs for the salad came from Kake Captain Jeff Jackson and friends, who harvested the eggs on hemlock branches in the waters off Sitka. The Sitka Tribe helped provide Jackson's vessel, Lady Louise, along with the other

captains who functioned as crew members to assist in the harvest.

A special thank you to Captain

Jackson, friends and the Sitka Tribe.



TOBACCO FREE FOR YOU & ME

The Alaska Native Health Campus is tobacco free, both indoors and outdoors.



THANK YOU for helping promote the health of our people and staff.

Rural Energy Initiative heat recovery project kicks off in Noorvik

ANTHC construction crews recently started work on a heat recovery energy project for the Noorvik water utility that is projected to save 16,000 gallons of heating fuel annually once completed. The project will capture excess heat energy from the community power plant and use it as an alternative energy source.

Construction is scheduled to wrap up before the beginning of winter.

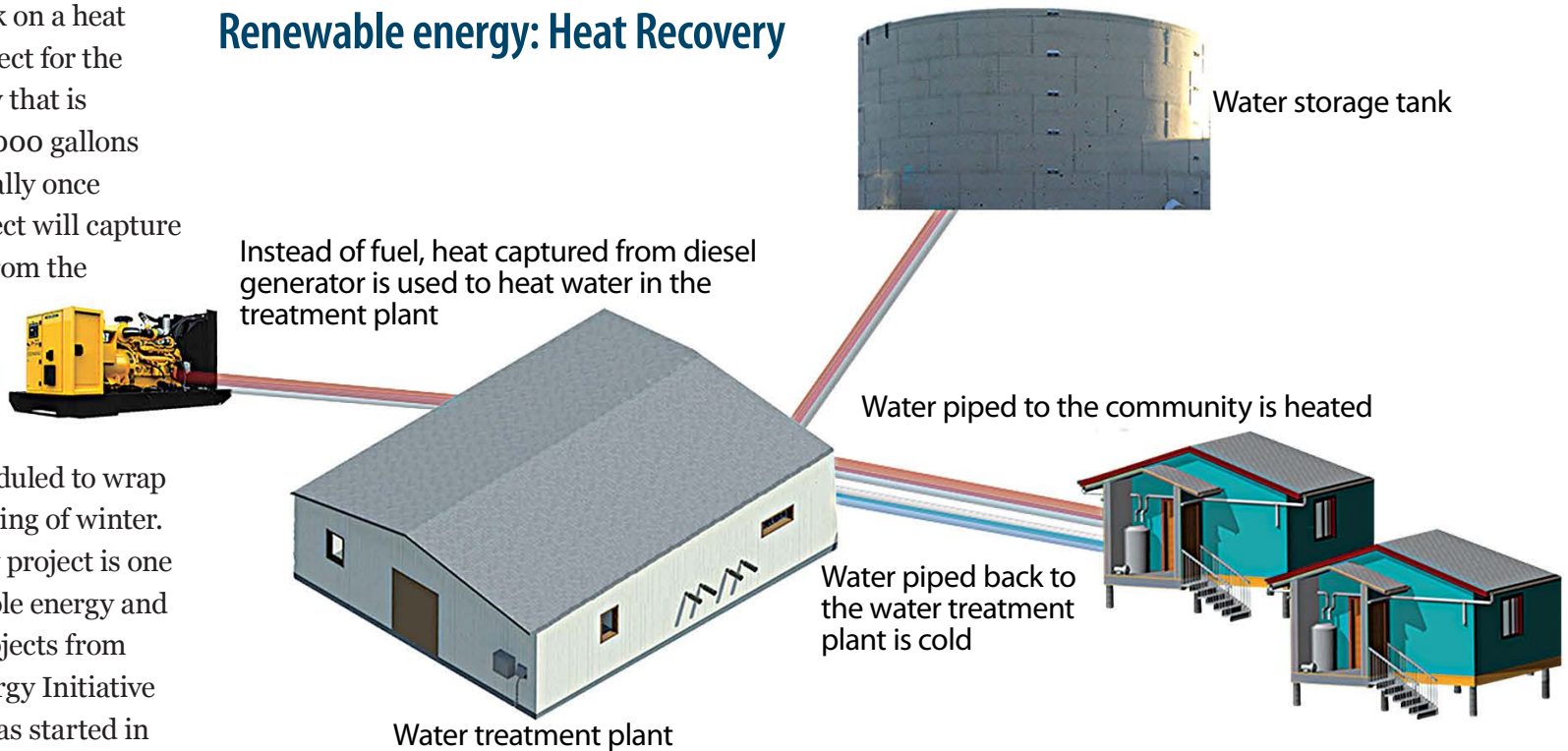
This heat recovery project is one of dozens of renewable energy and energy efficiency projects from ANTHC's Rural Energy Initiative since the program was started in 2010. It is a collaboration with the City of Noorvik, the Northwest Arctic Borough, NANA Regional Corporation, Alaska Energy Authority, Alaska Village Electric Cooperative, and ANTHC's Alaska Rural Utility Collaborative program.

In the Noorvik heat recovery system, excess heat energy will be captured from the local Alaska Village Electric Cooperative plant and transferred to heat the water plant through a 3,200-foot glycol pipeline instead of burning thousands of gallons of heating fuel each winter. The recovered heat will be used to heat Noorvik's extensive water and sewer system to prevent freezing and disruption to public sanitation services.

This will result in substantial cost savings for both utilities, which will help reduce water plant operating costs and user fees. On average, energy costs are 39 percent of the total cost of providing public sanitation in rural Alaska, with electricity costs as high as \$1/kilowatt hour, and heating fuel costs that are more than \$10 per gallon in some locations.

The ANTHC Rural Energy Initiative assists communities in identifying renewable energy projects that work for each community, seeks funding to implement the project and provides project management and construction of the system. ANTHC has completed 24 renewable energy projects for rural Alaska sanitation systems since 2011.

Renewable energy: Heat Recovery



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Learn more about the Rural Energy Initiative at anthc.org/what-we-do/rural-energy/.

ANMC Palliative Care Team wins 2016 Heroes of Healthcare Organizational award

ANMC's Palliative Care Team was recognized as the winner of the Organizational Award at the 2016 The Heroes of Healthcare Awards held at Anchorage Marriott Downtown on April 16. The Organizational Award recognizes an Anchorage entity which actively promotes a healthy community and provides support through gifts of time, talent or treasure.

The ANMC Palliative Care team is comprised of Dr. Chris Piromalli, DO, MPH (Palliative Care Medical Director); Rona Johnson, RN, BSN, OCN (Palliative Care Nurse); and Karen Hollar, LCSW (Palliative Care Clinical Social Worker). Palliative Care is also supported by shared staff members including Janeen Kairaiuak (Oncology Office Manager); Billie Kelley, MSW (Oncology Social Worker); Sara Stetson, ANP (Oncology ANP); Anne Marie Bott, Pharm D (Oncology Pharmacist); and Stacey Kelley (Cancer Partnership Program Coordinator).

The Heroes of Healthcare Awards recognize individuals, teams, programs or organizations from the Anchorage community which exemplify significant contributions to providing hospice care. The awards ceremony is hosted by Hospice of Anchorage, a nonprofit organization playing a unique role

in meeting the needs of individuals and families in our community with a life-limiting, progressive illness.

"We appreciate the encouragement. We are so honored and humbled to be able to do this work," said Dr. Piromalli. "It is wonderful that this work is making an impact, and we hope this award will lead to more awareness about the great needs for palliative care in our Alaska Native community."

Palliative Care is a new program at ANTHC; their mission is to facilitate and support an integration of palliative care philosophies and practices into the Alaska Native Tribal Health System aimed at addressing whole person care of the Alaska Native people. Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.

Currently, the Palliative Care team is working to integrate primary palliative care services in Oncology to further support patients and families facing cancer. The goal is to expand primary palliative care services to support

non-oncology patients with advanced serious illness, both in outpatient and inpatient settings. The palliative care team also plans to integrate telemedicine and tele-mentoring services to support CHA/P and sub-regional providers. The team will provide ongoing training opportunities and develop quality resources to support best

practices for palliative care for Alaska Native communities.

"This is just the beginning," added Dr. Piromalli. "Again, thank you for thinking of us as we work together to build the palliative care network to serve our Alaska Native community."

We're building better health! ANMC front lobby getting upgrade this summer



The gathering area and lobby at the ANMC front entrance is getting a major upgrade this August. The lobby and gathering area will be closed for use while we replace the floors and refresh the area.

During construction, we will shut down the front entrance of the ANMC hospital, rerouting all vehicle and pedestrian traffic to another entrance.

These upgrades will make the space more comfortable and safe for our patients and visitors.

Visit www.anmc.org for more details as we get closer to the project date.



ALASKA NATIVE MEDICAL CENTER



The Alaska Native Medical Center is jointly owned and managed by the Alaska Native Tribal Health Consortium and Southcentral Foundation.

Bicycle safety tips for injury prevention

Not only is bicycling a great mode of transportation, it is a healthy, fun, low-impact recreational activity that is great for people of all ages. While bicycling has many health benefits, accidents do happen, so it's important to practice bicycle safety.



Keep these tips handy for health and safety when using a bicycle:

1. Wear a proper fitting helmet at all times. In the event of a crash, a helmet could protect you from serious injuries including concussions, traumatic brain injury, paralysis or death. Your helmet should fit snug and sit level on your head. It should not rock back and forth.
2. Make yourself visible. Wear bright, fluorescent or neon clothing and reflectors to ensure drivers can see you. When riding at night, wear flashing lights.
3. Make sure your equipment is in proper working order. Your bike chain should be clean and lubricated; bike tires have enough air; and be sure to check your breaks.
4. Pay attention and follow the rules of the road: ride with traffic, not against it; stop at stop signs and intersections; look before turning and use hand signals.

ANTHC Environmental Health and Engineering overcome climate challenges in Eek water project



Above: Instead of operating a heavy excavator on the frozen river, Eek construction crews had to build a suspended crane system to support the water intake piping. **Below:** The ANTHC Environmental Health and Engineering team came together to find a solution for year-round access to clean water in Eek.

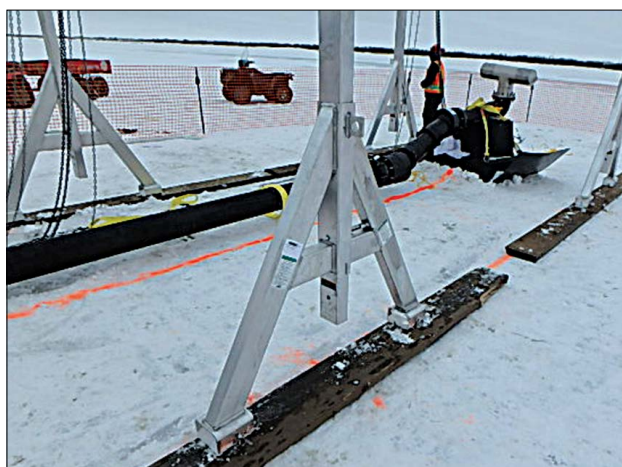
Last winter, climate conditions in Eek posed unique challenges. The winter was warmer than normal, which can be a welcome change but not for ANTHC Environmental Health and Engineering staff. Construction staff were waiting for the ice on the Eenayarak River to freeze to a depth thick enough to support an excavator used to install the water intake structure.

However, the ice never reached the desired thickness. Given these climate challenges in this Western Alaska community, the project team explored other options instead of the excavator.

This challenged the Environmental Health and Engineering staff to find a creative solution to complete the project and provide Eek residents with a year-round water supply with a newly installed water intake system.

The proposed solution was a gantry crane, a type of crane that is built on top of a structure and functions like a bridge. In this case, the gantry would straddle the area where the water intake would be installed. A gantry crane can be assembled on the ice with a lot less pressure per square foot than a fixed crane because it distributes the weight over a wider area on the ice. In fact, the gantry crane can be safely used on ice that is 20 inches thick instead of the 36 inches of ice that is required for a fixed crane.

The planning for using a gantry crane started in early February and needed to begin quickly to stay ahead of spring breakup. Six cranes were required for this project, which were designed and built by an outside contractor and fast-tracked to Eek. Additional work was done to ensure the project plan and design met standards for feasibility and safety. The cranes arrived onsite on March 30, and the onsite crew assembled and prepared them for installation. Due to the preliminary planning and up-front work, this portion of the project was smoothly executed in one day. On March 31, the crew did their final walk through and safety briefings.



The project team consisted of Construction Manager Brad Bigelow, Onsite Superintendent Steve Wilson, Civil Engineers Joseph Hess and Greg McConnell, and Safety Manager Chris Fish. The key to this project's success was teamwork and ANTHC's commitment to the health of the community. These types of innovative construction methods are very unique to our

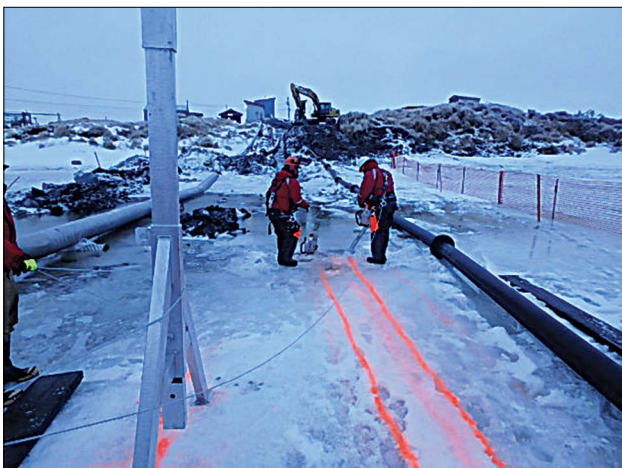
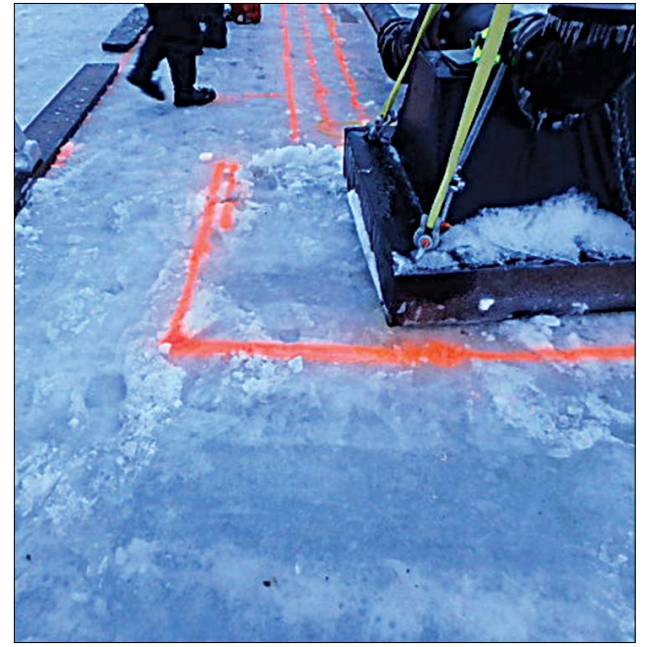
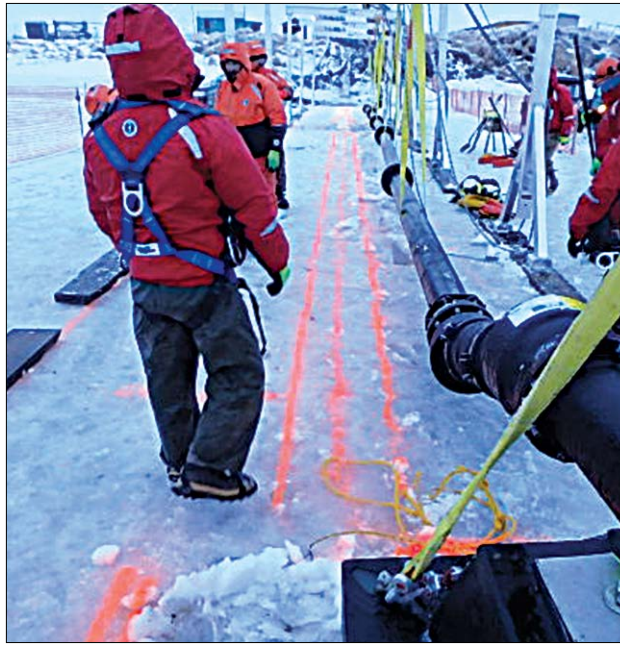
construction staff. This project has supplied the community with the means to pump water year-round and to support the fully piped water and sewer system. ANTHC Environmental Health and Engineering's innovative engineering and can-do construction teams know how to build in the Arctic and adapt to the ever-changing environment. Whether the challenges

facing projects are Mother Nature, economy, or changing technology, ANTHC engineering services and construction group has the expertise to face these challenges head on.

For more information on ANTHC's construction and engineering work, visit <http://anthc.org/what-we-do/construction-engineering/>.

Below: Eek construction crews cut ice in the Eenayark River to place the water intake pipe, which will give the community year-round access to the clean water supply.

Right: The gantry crane solution was used to support the water intake pipe instead of heavy equipment, which could not be supported by the thinner than normal ice.



ANTHC summer construction highlights

ANTHC is making great strides in sanitation construction across Alaska. The ongoing work is innovative, complex and often centered on building and upgrading water and sanitation facilities. Project highlights led by ANTHC staff and community partners across rural Alaska include:

- Ongoing construction for fully-piped water and sewer systems in Eek, Kwethluk, and Lower Kalskag.
- Construction of water and sewer service lines to four homes: two in Akiak, two in Angoon
- On-going projects to replace the raw water main and repair the water treatment plant in Alatna
- Installation of new lift stations in New Stuyahok and Newhalen
- Repairs to the boardwalk in Nunam Iqua
- Upgrades to the water systems in Shishmaref, Chignik Lake, Hughes, and Elim
- Installation of new water and sewer mains and individual home services in Golovin
- Construction of a raw water line in Hoonah
- Improvements to the water and sewer system in Kake

- Flood recovery work in Kotlik
- Construction of a new sludge lagoon in Larsen Bay, sludge facility in Stoney River, and the ongoing construction of the sludge lagoon in Port Lions
- Heat recovery projects in Noorvik and Stebbins
- Expansion of the new sewage lagoon in Shageluk
- Upgrades to the water treatment plant foundation in Venetie

These construction projects not only mean Alaska Native people in rural Alaska can live healthier lives and the community infrastructure can run more effectively and affordably, but also have created more than 262 seasonal construction jobs throughout 26 communities thus far this year, injecting more than \$4.3 million in payroll dollars into local economies. ANTHC continues to provide training and other skill development opportunities for local workers.

The importance of access to care: Breast cancer care in the Alaska Tribal Health System from diagnosis to start of treatment

Routine breast cancer screening is one of the most powerful tools health care providers have to protect our people from death from the disease. Timely access to care for breast cancer treatment is another indicator that lowers the risk of death, with a nationally recommended standard of treatment starting within 60 days following a cancer diagnosis. Knowing this, researchers from ANTHC's Cancer Program conducted a study to look into the average time it takes Alaska Native women with breast cancer within the Alaska Tribal Health System (ATHS) to start cancer treatment.

Breast cancer treatment in the ATHS starts with routine screening through mammography. Mammography is recommended annually for women 40-64 years of age.

If breast cancer is suspected through a mammogram, tests are ordered to confirm a cancer diagnosis. Figuring out the correct

type of cancer diagnosis and how much it may have spread is very important. It can take several different laboratory tests and coordination between providers to know how to best start treatment. Waiting for test results or for treatment to begin can be a hard time for patients. Getting into medical appointments in a timely manner is one way that ANMC uses to tell if they are providing good health care. The ANMC Oncology and Surgery Clinic staff works hard to get patients in from their home communities to their appointments quickly and efficiently.

Starting treatment within the 60-day timeframe is important to reduce the chance of the breast cancer spreading and a patient possibly dying from it.

The ANTHC Cancer Program looked at data from 284 Alaska Native women diagnosed with breast cancer between the years of 2009 and 2014, and who had no prior history of any cancers.

It was found that 96 percent of women received their first cancer treatment within the recommended guideline of 60 days after initial cancer diagnosis with an average timeframe of 26 days. No differences were found between Alaska Native women living in urban areas like Anchorage vs. rural areas of Alaska. There was also no difference between women by age, cancer stage at diagnosis, and treatment type. Although it may seem like Alaska Native women have delays in treatment because of the long distances they travel to receive treatment, there are no significant delays and gaps in

the cancer care at ANMC.

Alaska Native women diagnosed with breast cancers within the ATHS are receiving timely care regardless of age, rural or urban residence, or stage diagnosis. This measurement is an important part of ANTHC's goal that all women receive appropriate breast cancer treatment within 60 days of breast cancer diagnosis.

Our access to care measures are an important part of protecting the health of our people and fulfilling our vision that Alaska Native people are the healthiest people in the world.

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New federal regulations on e-cigarettes and other tobacco products protect public, youth health

Recently, the U.S. Food and Drug Administration (FDA) announced new regulations that extend its authority to include new products that meet the definition of “tobacco products.” The new regulations now include the sales and health evaluation of e-cigarettes, cigars and hookah, among others. More information on the new regulations can be found in this article from the FDA: “Extending Authorities to All Tobacco Products, Including E-Cigarettes, Cigars, and Hookah”. These new regulations go into effect on August 8, 2016.

There are several new FDA provisions that protect youth health by restricting youth access to tobacco products, including a ban on the sale of e-cigarettes to youth under the age of 18 both in-person and online. Current Alaska law already restricts the sale of e-cigarettes to persons 19 and over, but availability of the products online had been unregulated.

The news from the FDA comes on the heels of new data released from the Centers for Disease Control and Prevention, which show e-cigarettes are the most commonly used tobacco product among youth: No decline in overall youth tobacco use since 2011.

According to recent data from the National Youth Tobacco Survey, 4.7 million middle and high school students were current users of a tobacco product in 2015, and 3 million were current users of electronic-cigarettes. This means that e-cigarettes are now the most commonly used tobacco product among youth, and use continues to climb.

In Alaska, e-cigarette use is also higher among youth statewide (18 percent) than smoking traditional cigarettes (11 percent). Among Alaska Native youth, about 14 percent reported current e-cigarette use. These new data cause concern among health advocates because nicotine is a highly addictive substance and may have harmful effects on the developing adolescent brain. E-cigarette use also has the potential to



lead youth to try other tobacco products such as hookah and smokeless tobacco.

Although the advertisement of traditional cigarettes has been banded from television since 1971, e-cigarettes are currently unregulated by the Food and Drug Administration and are now heavily marketed on television and in other mainstream media channels. In Alaska, there are also no current laws regulating the advertising and marketing of these products. Marketing tactics by the e-cigarette industry often times mirror those of the tobacco companies. Tactics include using candy-flavored products; youth-resonant themes such as rebellion, glamour, and sex; celebrity endorsements; and sports and music sponsorships. In the U.S., spending on advertising of e-cigarettes tripled each year from 2011 (\$6 million) to 2013 (\$82 million). Sales of e-cigarettes also increased dramatically over a similar period. With the new FDA regulations, e-cigarettes will be subject to FDA action for false or misleading claims.

To help prevent the wide-spread use of e-cigarettes in Alaska and across our communities, the following strategies are recommended:

1. Include e-cigarettes in current and new smokefree and tobacco-free workplace policies.
2. Include messaging about the potential harms of e-cigarettes in tobacco prevention media.
3. Health care providers should conduct a brief tobacco intervention with e-cigarette



users (i.e. Ask about e-cig use, Advise to quit, and Refer to tobacco treatment services).

4. Health care providers should screen adolescent patients for e-cigarette use.
5. Health care providers should emphasize that e-cigarette use has not been thoroughly researched to know the short- or long-term effects. Moreover, users are at risk for developing an addiction to nicotine, which may put them at increased risk for using other tobacco products, which in some cases are less expensive than e-cigarettes.

For more information, contact the ANTHC Tobacco Prevention Program at (907) 729-4343 or by emailing: tobacco@anthc.org. Information on the health risks of e-cigarette use is available for download from ANTHC at www.anthc.org.



We're listening!

At the Alaska Native Medical Center, we listen to our customer-owners so we can provide the very best care and service.

If you have a concern, comment, question, referral or compliment, please contact the ANMC Customer Experience team. Email us at customercontact@anthc.org or call (907) 729-3990 or toll free at (877) 223-9284.

Thank you!

Home energy savings tips

The autumn season is a great time to prepare your home for winter before the lights are on for longer periods of time and the heater is in use. Here are a few tips to reduce the cost of energy in your home this fall:

Energy Tip #1: Check your thermostat(s)

The temperature of your home is one of the most important factors in the cost for heating. Keeping your home at temperatures above 72 degrees can be expensive; and you should consider reducing the temperature set point using the dial on your thermostats. Even better, consider installing a programmable thermostat. A programmable thermostat, when used properly, can be installed to save energy by reducing the temperature set point when you aren't at home or at night while you are asleep. Most Toyo and Monitor heaters have built in programmable thermostats; make sure to check their settings before fall and save money all winter long!

Energy Tip #2: Install low flow shower heads

One of the biggest users of energy in a home is hot water. Hot water is used for washing clothes, washing your hands, cooking and cleaning, and showers and baths,

which is heated using electricity, gas or fuel oil. One way to reduce the amount of hot water you need to heat up is by installing low flow fixtures on shower heads. You can get all the health and cleanliness benefits of a hot shower with a low flow showerhead and save money by using less water. These fixtures cost as little as \$5 (plus shipping and handling) and can save money for you for years to come.

Energy Tip #3: Reduce air leaks in your home

All homes need a certain amount of "outside" air so we can breathe fresh, healthy air. Many homes, however, have air leaks which allow cold air into the house. When outside temperatures start to get cooler, check windows, doors and electrical outlets to see if you can feel a draft. You can install gaskets around electrical outlets and light switches to reduce cold air infiltration through those small spaces. Using caulk around old window frames or putting weather stripping around doors that don't quite fit anymore can reduce your heating bill and make your home much more comfortable.

HEALTH INSURANCE SPOTLIGHT

I already have IHS care at my Tribal health clinic. Why do I need health insurance?

The Indian Health Service is not health insurance. IHS provides many services, but it may not cover all your health care needs. There may be times when you need certain care that is not covered under IHS services at our Tribal hospitals or health clinics.

Many American Indian and Alaska Native people now qualify for health insurance through Medicaid, Denali KidCare and the new Health Insurance Marketplace. New health insurance options can give you the peace of mind knowing you are covered. When you have insurance, you can still get care from your Tribal health facility. Your Indian health provider can bill your new insurance for services, making more health care resources available for more people.

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.



When cancer or other illness strikes a family, it touches everyone. Camp Coho is here to help!

Camp Coho is a free one-day grief camp for Alaska Native children ages 6-12 years who have experienced the death of a loved one from cancer within the last two years.

Saturday, October 1, 2016

9 a.m. - 4:30 p.m.

Alaska Native Health Campus, Anchorage

Interested families must complete a camper application for their child(ren). Contact Karen Morgan with the ANTHC Cancer Program at **(907) 729-4491** or kmmorgan@anthc.org for registration details.



Camp Coho is sponsored by the Alaska Native Tribal Health Consortium and Healthy Alaska Natives Foundation in partnership with Alaska Tribal Health System regional health organizations.



SPEAK UP NOW.

If you are having thoughts of suicide, talk to someone you trust, or call the Alaska Careline Crisis Intervention hotline. We're here to listen 24 hours a day, 365 days a year. Your call is free and completely confidential.



carelinealaska.com
1-877-266-4357

ANTHC social workers provide necessary care

ANMC's social workers are an integral part of the patient care team. They work in concert with providers to care for the needs of our patients and their families. They're advocates, providing a voice for our people when they need it most.

The ANMC hospital has seven medical social workers – Deanna Thomas, LCSW; Beverly Harper, MSW; and Alexandra Draper, MSW, working in the adult inpatient units; Cynthia Burton, LCSW, working in Maternal Child Health; Billie Kelley, LMSW, working in Oncology; Karen Hollar, LCSW, working in Palliative Care; and Michelle Kimbrell, LCSW, working on the Transitional Care Team. All hold master's degrees in social work.

“Our social workers are such an integral part of our team at ANMC. They educate and advocate on behalf of those who do not always have the power or voice to advocate for themselves,” said Shelia Draper-Johnston, RN, Discharge Care Coordinator. “Social workers come to work knowing that the care they provide is important, appreciated, and makes a difference in the lives of the Alaska Native and American Indian people they serve.”

WHAT DO ANTHC'S SOCIAL WORKERS DO?

ANMC's social workers work collaboratively with ANMC health care providers and individuals from other community agencies and perform a variety of duties, including psychosocial assessment and planning for patients with a variety of complex social needs; providing social services plans to restore patients to optimum health within the patient's capacity; working with patients' families, health care providers and communities to develop and implement a safe discharge plan; providing end of life support to patients and families, including grief counseling and burial assistance; and assisting patients and families to navigate local, state and federal agencies to apply for financial benefits, housing and in-home supports.

Social work can be a difficult and challenging career field, as it usually involves working with people who are experiencing



ANTHC social workers, left to right: Deanna Thomas, LCSW, Alexandra Draper, MSW, and Beverly Harper, MSW (adult inpatient units); Michelle Kimbrell, LCSW (Transitional Care Team); Karen Hollar, LCSW (Palliative Care); and Cynthia Burton, LCSW (Maternal Child Health). Not pictured: Billie Kelley, LMSW (Oncology);

significant struggles in some part of their lives. A social worker must be adaptive and creative. Each and every situation is unique as the person they are helping. Medical social workers courageously step into these situations and mobilize all available resources to help people recover or live the remainder of their lives with the greatest possible degree of dignity and independence. ANMC's social workers assist families that have just experienced the joy of a new birth to the passing of an Elder, and often times these circumstances require a particular type of resource, and that's where they come in to help.

IN THEIR OWN WORDS

I have the privilege to meet clients who live around the state and to hear their stories. Clients who have lived in villages or fish camps that no longer exist, have amazing life experiences, and have seen their village's transition from traditional to Western culture during their lifetime. This oral history is interesting and invaluable to my learning as I strive to provide the best care to the Alaska Native people that I am privileged to serve.

-Deanna Thomas, LCSW

To me, social work is very personal and we do what we do because we love it. I personally love

the people and the amazing way an individual or family opens up to me and allows me into their life during their most vulnerable time, sharing deeply personal things in their life with the blind trust that I might be able to help them in some way. Often times, it is something very small, at least in our eyes, but it is very impactful in their lives.

-Beverly Harper, MSW

Being a social worker is often a challenging, yet rewarding career. ANMC is fortunate to have such an outstanding group of professionals who help our patients and families cope with and respond to issues that they face.



CONSTRUCTION, FROM PAGE 1 ▶

Above: Patient housing facility will have interior courtyard with play area and gardens. **Below:** The new Internal Medicine clinic is complete on the third floor of the Healthy Communities Building on the west side of the Alaska Native Health Campus.

Communities Building for the new Oncology and Hematology Clinic and Infusion Center, which are scheduled to open in late fall 2016.

Construction continues on the ANTHC patient housing facility. The facility is on schedule for completion later this year. The six story, 200-room structure is already making a visual impact on campus and will have an even greater impact since the sky bridge construction started in June. The sky bridge will connect the patient housing facility to the north side of ANMC.

Our work at ANTHC is not limited to Anchorage and includes supporting health in the home communities of our people. Building and upgrading water and sanitation facilities not only means healthier lives and sustainable



community infrastructure, but also economic health through the creation of more than 262 seasonal construction jobs throughout 26 communities to date this year, injecting more than \$4.3 million in payroll dollars into local economies. See more information on statewide



construction on pages 6-7.

We are expanding capacity and access to care that positively impacts the health of our people in ways that best serve the Alaska Tribal Health System and reflects our Alaska Native cultures. It is a pleasure to work with you and our Tribal health partners on important projects that further our vision that Alaska Native people are the healthiest people in the world.



Current and upcoming ANTHC construction projects on the Alaska Native Health Campus

| Project | Status |
|---|--------------------------------------|
| Patient housing facility and sky bridge | Completion in late 2016 – early 2017 |
| Internal Medicine, Podiatry and Pulmonology clinics at the Healthy Communities Building | Completed May 2016 |
| Oncology Clinic and Infusion Center at the Healthy Communities Building | Completion in late fall 2016 |
| Main entrance of ANMC and Gathering Space | Completion in September 2016 |