



THE Mukluk Telegraph

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

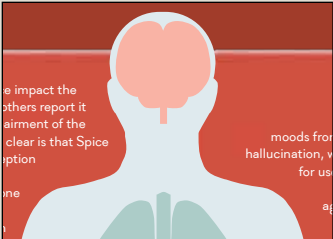
JANUARY - MARCH 2016

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ANMC first Alaska hospital recognized as Comprehensive Pediatric Emergency Center



The Alaska Native Medical Center is constantly working to ensure we provide the best and latest innovations in care for our pediatric patients from primary and emergency care to inpatient and specialty care. ANMC was recently recognized as a Comprehensive Pediatric Emergency Center, the highest certification in the Pediatric Facility Recognition Program.

ANMC is the first and only hospital in Alaska with this recognition. The surveyors who visited the ANMC hospital in October were very impressed and spoke highly of our quality of care and processes and

procedures in place to care for our pediatric patients.

The Federal Emergency Medical Services for Children program is dedicated to developing and promoting emergency medical services and trauma systems in health care facilities to adequately prepare for the care of children. This organization has developed the Pediatric Facility Recognition Program based on the Joint Guidelines for Care of Children in the Emergency Department. The goal of this program is to help clinics and hospitals deliver high quality pediatric emergency medical care

and to ensure all health care facilities are appropriately prepared for the emergency care of children.

"We are very proud of this recognition," said Dr. Patti Paris, ANMC Emergency Department Director. "This validates that we provide excellent pediatric care and are able to provide any services that are available in Alaska."

As medical care has advanced over the years, physicians and health care providers have come to learn that children have unique anatomical characteristics and physiological responses to disease processes that

SEE PEDIATRIC, PAGE 2 ►

PEDIATRIC, FROM PAGE 1 ▶

often require pediatric-specific treatments. Experts in the fields of pediatrics and emergency medicine have established national guidelines to ensure that children receive the same quality of emergency care as adults.

This recognition means that ANMC is now validated as providing the highest quality pediatric care in Alaska and has pediatric-specific equipment; health care providers trained in pediatric emergency/resuscitation care; pediatric-specific policies

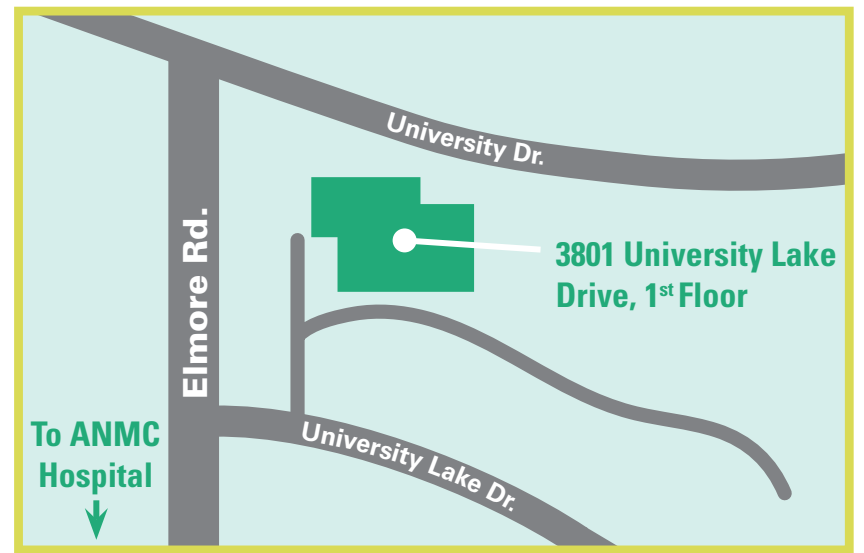
and protocols; a system in place for monitoring pediatric care and performance improvement; organized transfer processes, such as guidelines facilitating movement of pediatric patients and resources as necessary; and processes in place to assure family integration.

"Research indicates that having a pediatric-specific program in place results in demonstrable improvement in morbidity and mortality in the pediatric population," said Dr. Paris. "This recognition is good for all pediatric patients throughout the entire Alaska Tribal Health System."



New ANMC Outpatient Surgery Center

ANMC has opened a new Outpatient Surgery Center to better serve our people.



New location:

The ANMC Outpatient Surgery Center is located in a medical building at 3801 University Lake Drive. The surgery center is located on the first floor of the building. Please make sure you check if your surgery is at the ANMC hospital or the new Outpatient Surgery center.

Why the new outpatient surgery center?

As ANMC's population grows and the need for surgical services increases, we decided to open an outpatient surgery center to meet the needs of our people from across Alaska. The four additional outpatient operating rooms and 17 pre and post-operative beds allow us to better serve our people.

Directions from the hospital:

1. From Diplomacy Drive, turn right on Tudor Centre Drive
2. Turn left on Ambassador Drive
3. Turn right on Elmore Road
4. Go through the roundabout and then take the first right on University Lake Drive
5. The surgery center is located in the first building on the left, 3801 University Lake Drive.



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

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.

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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

Construction begins on expanded Infusion and Oncology clinics

Our growth at ANMC is not only focused on improving access to care for our people, but also seeks to improve the quality and experience of the care we provide. Our latest project expands the ANMC Internal Medicine, Podiatry, Oncology Clinics and Infusion Center. This project will help achieve these goals through the addition of 40,000 square feet of new clinic space and expansive views of the Chugach mountain range for our people undergoing treatment.

The third and fourth floors of the Healthy Communities Building on the west side of the Alaska Native Health Campus are being remodeled for additional patient care space to meet the growing health needs of our people. When the ANMC hospital was built, our Alaska Native population was much smaller and as our service population grew, ANTHC developed solutions to increase outpatient clinic space in innovative ways

as outlined by the Consortium's Facilities Master Plan. The clinics will move from ANMC into the new space and create additional opportunities for expansion in the hospital.

Construction has started on the third floor of the Healthy Communities Building and fourth floor renovations are expected to begin later this winter. The Internal Medicine and Podiatry Clinics will move into the completed third floor in May 2016. The Oncology Clinic and Infusion Center will move when construction is complete on the fourth floor in late fall 2016.

With the start of construction, parking has become limited in front of the Healthy Communities Building and the Consortium Office Building to provide contractor work areas. Parking spaces have been reserved for ANTHC visitors and handicapped access. If assistance is needed for parking issues, contact Security at (907) 729-2915.



Above: New Infusion center patients will have views of the Chugach mountain range during treatment.



Left: Current Infusion center.



Above: New clinic location will have dedicated pharmacy.

Right: New building design will enhance the care experience at ANMC.



two thousand sixteen

RAVEN'S BALL

April 2 @ Hotel Captain Cook

A gala fundraiser bringing light to new horizons of health and wellness for Alaska Native people. Reserve your table, become a sponsor or register to volunteer today.

All proceeds support the health of Alaska Native people through health care, wellness, prevention and healthy community initiatives.

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Risks of Spice drug use effecting health of our people

The synthetic drug Spice is once again showing up in our communities with deadly consequences for our people. The dangerous effects of the drug can be seen in the ANMC Emergency Department and across Alaska. Emergency cases involving Spice have risen and are a threat to the health of our Alaska Native people.

The health implications of using Spice and related substances are often erratic and sometimes frightening: heart arrhythmias, hallucinations, seizures, acute kidney failure, violent episodes, and even accidental death or drug-influenced suicide.

ANTHC staff created a special edition of Hot Topics in Alaska Native Health focused on Spice and its dangers. While the effects of Spice and other synthetic drugs vary from person to person, they often impact the body with effects similar to drugs such as cocaine, LSD and methamphetamine. Users frequently arrive at hospital emergency departments agitated and violent, or after hurting themselves or others.

The issue of Hot Topics in Alaska Native Health on Spice is available online at www.anthc.org/news and copies can be requested by emailing marketing@anthc.org.

HOW SPICE CAN IMPACT THE BODY

BRAIN: Many perceive that Spice impact the brain much like marijuana, while others report it causing much more powerful impairment of the brain, including seizures. What is clear is that Spice alters each user's brain and perception differently in the moment – from slightly to dramatically – and no one yet knows the long-term effects that the use of Spice can have on a brain.

MOOD: Spice users often say that the substance elevates their moods from calming to confusion to paranoia to hallucination, which can create dangerous situations for users and those around them. There are many reports of users becoming aggressive, causing violent or psychotic episodes against others, and even committing suicide.

KIDNEYS: Kidney damage has been linked to Spice use. In 2012, the Centers for Disease Control and Prevention examined 16 cases of synthetic drug use and all patients displayed levels of acute kidney damage caused by the substance, including five requiring dialysis.

HEART: Spice users often exhibit an elevated heart rate and high blood pressure. This can cause dangerous health conditions for users, including heart arteries that spasm and block blood to the heart. There are many documented reports of youth having heart attacks after smoking Spice.

OTHER WAYS SPICE AFFECTS YOUR BODY: Other health implications commonly linked to synthetic drug use include lowered blood flow to other body organs; elevated toxicity; nausea, vomiting and abdominal pain; and more.

ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

Winter travel and snow machine safety tips

The winter season is here! The sun is setting earlier and temperatures are low. Snow, ice and freezing rain are conditions that can make traveling during the winter months more difficult and dangerous. ANTHC's Injury Prevention program has several tips for safe travel this winter season.

Use proper safety gear: It is important to wear the proper gear and dress for the weather when traveling in the winter, even when traveling short distances. When riding an ATV or snow machine, wear a helmet at all times. A proper fitting helmet could protect you from serious injuries in the event of a crash, such as traumatic brain injury, paralysis and even death. Visit <https://youtu.be/7QvMyRjSRpk> to watch ANTHC's Helmet Safety PSA.

Tips for safe winter travel

1. Always wear a helmet
2. Dress for the weather, even when traveling short distances
3. Carry a communication and signaling device on your person
4. Pack a basic repair kit, an extra spark plug and belt for your machine
5. Be responsible – do not drink and ride!
6. When traveling in a new area, do your research (staked trails, places to stop for gas, emergency shelter locations)
7. Let someone know when you are leaving, where you are going and when you plan to return

Dress in layers: To stay warm and prevent frostbite, wear layers. It is recommended that your first layer of clothing be made of material that allows your body to breathe and dries quickly. Be sure to wear an insulated winter

jacket and bibs or snow pants that are windproof and waterproof to protect yourself from the cold, wind, rain and snow. You should also wear gloves, socks and winter boots appropriate for cold weather travel.

Prepare for emergencies: Safe winter travel involves preparation. Carry a communication and signaling device with you. Before you leave, pack a basic repair kit including an extra spark plug, a belt for your machine and a tool kit to make repairs. Other tools that may be helpful when stranded or in an emergency include duct tape, bungee cords, tow rope, a knife, a flashlight, waterproof matches, a flare and a first aid kit.

Navigating the Affordable Care Act during tax season

Under the Affordable Care Act (ACA), every American must have health care coverage, but there are special exemptions that exist for Alaska Native and American Indian people. Alaska Native and American Indian people are exempt from the requirement to purchase insurance if they can show evidence of:

- Enrollment in a federally recognized Tribe;
- Alaska Native Claims Settlement Act (ANCSA) shareholder status (village or regional); or
- Eligibility to receive services from a Tribal health clinic or an Indian Health Service (IHS) facility.

Until recently, only members of federally recognized Tribes and shareholders of ANCSA corporations had the option to apply for the ACA Indian Exemption through the tax filing process. An announcement from the federal government allows individuals who are not members of federally recognized Tribes or ANCSA shareholders, but who are descendants and have a Certificate of Indian Blood (CIB) or who are eligible for services through a Tribal health care provider, the option of claiming the Indian Exemption through the tax filing process.

ANTHC's Health Reform team assists people with the Indian Exemption application. Applications sent to the federal government for processing have faced numerous issues. Due to the ongoing problems with the government paper application process, ANTHC's Health Reform group has a new recommendation for those who still need an exemption to avoid the tax penalty for not having health care coverage.

ANTHC Health Reform recommends claiming the Indian Exemption when you file your taxes. More information on the Indian Exemption and the ACA is available at ANTHC's The Affordable Care Act and You website at www.anthc.org/aca/.

Frequently asked questions about ACA

Q: *What if I already have health care coverage?*

A: If you have health care coverage through Medicaid, Medicare, Denali KidCare, Veteran's Benefits or employer-provided health insurance, you have met the requirements of the individual mandate and do not need

to purchase additional health care coverage to avoid the tax penalty. You do not need to complete the Indian Status Exemption paperwork if you have health care coverage. However, the Indian Exemption is a lifetime exemption and can be used any time you have a gap in health care coverage.

Q: *What if I already received a response with my Exemption Certificate Number (ECN)?*

A: Keep the letter with the ECN for you and/or your family in a safe place. You will need to report this number on your taxes. When filing taxes, you will report an exemption certificate number on IRS Tax Form 8965, titled Health Coverage Exemptions.

Q: *What if I sent in my exemption application but haven't heard anything on it yet?*

A: Keep a look out for a letter from the Health

Insurance Marketplace. It could still arrive. If you don't receive a letter with an ECN, you can claim the Indian Exemption on IRS Tax Form 8965, titled Health Coverage Exemptions, with your taxes.

Q: *What if I lost the letter with my ECN?*

A: If you received your ECN in the mail and misplaced the letter, you can claim the Indian Exemption on IRS Tax Form 8965, titled Health Coverage Exemptions, with your taxes.

Q: *If I don't buy insurance, will I still be able to get health care services at my IHS/Tribal health facility?*

A: Yes. The health care services provided at IHS/Tribal health facilities are not changing; however, you will need to apply for an exemption to avoid the tax penalty.

Our House is
Your House

Let's keep it clean

Housekeeping can be reached at x3092

ALASKA NATIVE MEDICAL CENTER

Strategic Access Development

Stay informed!
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FACEBOOK: [FACEBOOK.COM/ANTHCTODAY](https://facebook.com/ANTHCTODAY)

SPOTLIGHT FEATURES FROM THE 2015 ANNUAL REPORT

State-of-the-art, life saving care: New treatments leading to cure for 90 percent of hepatitis C patients

Alaska Native people with hepatitis C treated at ANMC have a new lease on life thanks to cutting edge treatment and diagnostics for the harmful virus.

ANMC is the first medical facility in Alaska to offer FibroScan diagnostics. Thanks to this device, patients with hepatitis C or other advanced liver diseases can be evaluated without a painful liver biopsy, which requires hospitalization, anesthesia and is associated with risks of diagnostic error or bleeding. FibroScan offers noninvasive, pain-free ultrasound imaging technology to measure scarring or fibrosis of the liver caused by liver disease. The procedure takes 10 minutes, can be performed in clinic, provides same-day results and offers savings in

“Clinicians are better able to evaluate patients and recommend initiating the life saving treatment.”

hospital time, costs and risks.

As a result of ANMC’s investment in the new diagnostic device, clinicians in the ANTHC Liver Disease and Hepatitis Program are better able to evaluate patients and make recommendations for initiating life saving hepatitis C drug treatment to improve the health of our people.

Prior to 2013, treatment for hepatitis C was difficult. Available drugs had side effects that made patients quit treatment and for those that continued, the cure rate was low. New drugs help patients that were previously untreatable, with a high success rate of eliminating the virus. These medications are not only effective but are also very well tolerated, leading to a higher cure rate.

Successful treatment of hepatitis C can reverse scarring and reduce the risk of liver disease and liver disease-related death. Most people are able to finish the treatment regimen and experience health and vitality in a way that helps advance our vision that Alaska Native people are the healthiest people in the world.





Healthy people, healthy care: Increasing resilience in the Tribal health system

Many rural providers on the frontline, especially Dental Health Aides, Behavioral Health Aides/Practitioners and Community Health Aides/Practitioners, receive the necessary technical education to fulfill their duties as health care providers but lack preparation for their frequent role as the only Tribal health care provider in the community and the feelings of isolation that can bring.

To sustain the health of our Alaska Native people, ANTHC collaborates with our partners to recruit and retain the best providers. By improving the retention of front-line providers in rural Alaska, ANTHC is helping to support a Tribal health system in which our health care providers are as healthy and resilient as the people we serve.

A strategic initiative was developed with the simple idea that health and community workers

“A Tribal health system in which our health care providers are as healthy and resilient as the people we serve.”

will be more likely to continue serving Alaska Native communities if they are healthy and resilient themselves. ANTHC has developed a special e-learning curriculum for rural, front-line health providers across the state with input from our Alaska Native and American Indian providers and community stakeholders to ensure it will be an effective tool in the unique world of Tribal health care.

The curriculum was pilot tested in collaboration with four of our Tribal health partners: Aleutian Pribilof Island Association, Council of Athabascan Tribal Governments, Eastern Aleutian Tribes and Kodiak Area Native Association.

Administered online over eight weeks, the Healthy Healers curriculum gives rural providers the tools to develop a supportive and sustainable community to prevent burnout and stress that lead to turnover. In the process of strengthening our statewide system and helping our providers maintain their own health while caring for others, we hope to strengthen the health of our Alaska Native people.

To read more from the 2015 ANTHC Annual Report, visit: www.anthc.org

ANMC winner and nominees for 2015 March of Dimes Nurse of the Year Awards

Each year, the March of Dimes Alaska Chapter honors Alaska's exemplary registered nurses whose leadership and contributions make a significant impact in their community and in the profession of nursing by giving Nurse of the Year Awards.

ANTHC leadership is proud to announce that Rona Johnson, ANMC Palliative Care Nurse, earned Nurse of the Year honors in the category of Innovation, recognized as a nurse who uses innovative concepts and processes to plan and implement projects that are successful in improving nursing practice and patient care.

Johnson's nominator wrote, "As a nurse you always want the best possible outcome for your patient. Sometimes that outcome is the end of a journey. Death is a difficult and uncomfortable subject for many, and although her position is difficult, Rona comes into work every day with a smile and gives her patients her all."

Johnson is a longtime ANMC nurse, having worked in Day Surgery, Oncology and now in our newly formed Palliative Care department, where she is considered the foundation of the department, advocating and working to develop comprehensive palliative care services for ANMC and the Alaska Tribal Health System.

"Providing care for the whole person— to the mind, body and spirit, is the true essence of nursing," said Johnson. "Palliative care is the vehicle that allows me to do just that. It is my passion, and I am so very lucky to be part of such a wonderful team. I truly have the best job on the planet. This award is the cherry on top."

We are proud of all the ANMC nurses who were nominated: Ashley Arehart, Inpatient Pediatrics, in the category of Innovation; Jonathan Genziano, Inpatient Orthopedics and Neurosurgery, in the category of Rising Star; Alexandria Gleason, Family Birthing Services, in the category of Rising Star; Laura Mullin, Surgical Services and



ANMC Palliative Care Nurse Rona Johnson recognized for her excellent care of our people by the March of Dimes.



Interim Chief Nurse Executive, in the category of Leadership; Jennifer Pahl, Emergency Department, in the category of Direct Acute Care; Sitha Phanmanivong, Inpatient Orthopedics and Neurosurgery, in the category of Rising Star; Jamie Popham, Inpatient Pediatrics, in the category of Maternal Child Health; Brennan Rasiah, Inpatient Surgery, in the category of Rising Star;

Ingrid Reep, Inpatient Pediatrics, in the category of Mentoring; Theresa Rodgers, CNO, in the category of Mentoring; Lindsey Siefferman, CCU, in the category of Innovation; Jennifer Smith, Inpatient Pediatrics, in the category of Direct Acute Care; Sarah Storey, Surgical Services, in the category of Rising Star; and Marian Sweeney, Inpatient Pediatrics, in the category

of Maternal Child Health.

Congratulations, Rona and all ANMC nominees for your inspiring and impactful efforts, and thank you to all ANMC nurses for providing the best care and services to our people every day.



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.



ALASKA NATIVE
MEDICAL CENTER



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



Health information and publications available from ANTHC

Health education and prevention work is critical if ANTHC and our partners are going to achieve our vision that Alaska Native people are the healthiest people in the world. For our prevention efforts to be effective, we must raise awareness and understanding of important health challenges and disparities facing our people.

Many of our programs have educational materials available for our Tribal partners. Below are some examples of our publications.

Hot Topics in Alaska Native Health

These one-page information sheets address issues important for Alaska Native health. They report data, trends, challenges, what's going right and prevention tips all infused with traditional values, languages and images in an easy-to-read layout.

Topics include Tobacco, Clean Water,

E-cigarettes, Bedbugs, Colorectal Cancer, Diabetes, Spice, Healthy Homes, Cancer and Oral Health.

They are available for download at: www.anthc.org/news

Traditional Food Guide for Alaska Native People

The Traditional Food Guide is a full color booklet developed to provide easy-to-understand nutrition information for Alaska Native cancer survivors, their families, health care team and anyone else interested in traditional nutrition.

This guide contains nutrition information on Alaska's wild foods and examples of recipes to prepare them.

Benefits of traditional foods:

- They are rich in healthy nutrients that are hard to find in store-bought foods,
- They contain more heart-healthy fats and less harmful fat

than many store-bought foods, and
 ■ They nourish the body and spirit.

To order copies of the Traditional Food Guide, email: cancer@anthc.org

Alaska Native Epidemiology Center reports on Alaska Native health data

The Alaska Native Epidemiology Center is one of 12 nationally recognized Tribal Epidemiology Centers in the U.S. Part of our work includes data sharing and analysis of the health issues affecting Alaska Native people.

Some of our publications include the Alaska Native Injury Atlas, regional health profiles, Alaska Native Maternal and Child Health, and Cancer in Alaska Native People, a 45-Year Report.

These are all available at www.anthc.org for download. For more information on any publication, contact anepicenter@anthc.org.

Toksook Bay celebrates opening of new water treatment plant

The City of Toksook Bay celebrated the completed construction of a new water treatment plant with an open house in August. Construction of the facility was a collaboration of the city administration and ANTHC Environmental Health and Engineering. The new plant will ensure that residents of Toksook Bay have easy access to high-quality drinking water for many years to come, and replaces a building that was nearly 40 years old, encroached on private land and lacked the capacity to serve all of the community's residences.

The new water plant includes a heat recovery system that uses excess energy from the electricity plant's diesel generators to heat the water plant, which dramatically reduces the cost of water to residents. Thanks to this system and extremely skilled local water plant operators, Toksook Bay residents pay only \$65 a month for water and sewer services, which is 30 percent lower than average Anchorage rates. ANTHC is proud to partner with Toksook Bay in the construction of a water plant to provide healthy water to all community residents that will make water use for drinking and hygiene a more pleasant experience.

"This has been a long and complex project, like many of our rural projects," said ANTHC Construction Manager, James

Gilbreath.

Gilbreath praised the project team for resolving issues as they arose, making modifications as necessary and keeping the project on track. He also attributed

project success to the outstanding construction crew.

The overall project includes a state-of-the-art water treatment plant and installation of 6,500 feet of water mains and 5,360 feet of

sewer mains, allowing water and sewer services to be provided to 26 new homes in the Caingilnguq Subdivision.

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.

ANTHC engineering team completes Galena flood recovery projects

Two and a half years after Galena was stuck by catastrophic spring floods, the community is returning to normal with nearly all of the public facilities restored and rebuilt. ANTHC environmental health and engineering staff were a large part of the recovery effort and hope to share their lessons learned with other villages and Tribes before disaster strikes.

When Galena was hit with the flood in spring 2013, it affected every aspect of life for residents of the Yukon River community. Hundreds of residents were evacuated. More than 130 homes were damaged, the community clinic was flooded and most village infrastructure – fuel storage, power plant, water and sewer—was severely damaged beyond use.

When Galena residents were secure from the initial flood damage, the real work began. The necessary community



recovery and rebuilding was so extensive, officials with the Federal Emergency Management Agency (FEMA) compared the response efforts in Galena to the complexity of the recovery from Hurricane Katrina.

Two weeks after the flood in 2013, ANTHC environmental health and engineering staff were on-site in Galena with the goal to

restore water and sewer service for the community. But for the ANTHC staff, it became apparent that the recovery effort would extend beyond their typical scope of work.

“When you think of all the things that make up a community – roads, schools, clinics – they were all gone in Galena,” said ANTHC Project Manager Mike Roberts. “ANTHC took on project management of things that we had never done, but knew were necessary to make

Galena whole again. We helped do things like order police vehicles and rebuild a baseball field, which I never thought my team would be doing.”

ANTHC was selected by the City of Galena to manage the complex task of administrating the emergency recovery. This involved working with many state and federal agencies, regional and local representatives, and multiple funding agencies. While the work was new, ANTHC has experience working with many partners and project management, so was able to cut down a typical recovery period of 5 to 7 years to two and a half when the last barge of flood debris left Galena in fall 2015.

Since the project in Galena started, ANTHC has been able to use this experience to help other response efforts in villages across the state, such as flooding in Kotlik and a community fire in Alatna.



MISSED THE 2015 ANTHC ANNUAL MEETING?



Learn more about ANTHC’s work in 2015 and how we are supporting healthy people and communities across Alaska. Read highlights of our work in the 2015 Annual Report and hear from ANTHC staff in a video at www.anthc.org.

TELL YOUR HEART STORY

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.

Alaska Native Tribal Health Consortium | Alaska Careline Crisis Intervention | carelinealaska.com | 1-877-266-4357

ANMC's new Outpatient Surgery Center improves access to surgical care

Built in 1997, the ANMC hospital is now 17 years old and experiencing some expected growing pains for the increased number of people that we serve. As our population grows and the need for services increases, our facility has not kept up with the surgical needs of our patients. This prompted the decision by ANTHC and ANMC leadership to expand services to a new surgery center close to the ANMC campus.

Last fall, the ANMC Outpatient Surgery Center opened in a nearby medical building located at 3801 University Lake Drive, a short distance north on Elmore Road from ANMC. The surgery center is located on the first floor of the same building that the ANMC ENT, Audiology and Ophthalmology Clinic moved to last fall. We expect to be there for the next five years.



"We have expanded elective surgeries to nights and weekends and we still need more capacity," said Dr. Paul Franke, ANMC Chief Medical Officer. "Having four additional operating rooms will improve access to surgical procedures for our people."

ANMC performs more than 14,000 surgical procedures annually. Our current operating rooms (ORs) are being utilized to their capacity and growth of surgical services is expected to continue. In addition to the four new ORs in the Outpatient Surgery Center, we are adding 17

pre-and post-operation beds at the new center for our surgery patients. Another addition to the ANMC medical building on University Lake Drive is a small pharmacy, serving surgery and ENT, ophthalmology and audiology patients.

ANTHC's Strategic Access team is in the process of making tenant improvements to the new surgery center and preparing the space for our patients.



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!

Healthy Portraits showcase healthy food and garden in Tyonek

Every other year, ANTHC’s Alaska Native Epidemiology Center (EpiCenter) highlights activities in an Alaska Native community that demonstrate and promote health and wellness. The EpiCenter team travels to the community and photographs their story to create the Healthy Portraits Project. The Healthy Portraits Project celebrates Alaska Native communities making positive changes toward health and wellness and shares their successes through photography and storytelling. Large prints capturing their Healthy Portraits story are presented to the selected community to be displayed, inspiring future generations.

This year, the EpiCenter partnered with the Tyonek Tribal Conservation District to tell the amazing story of the organic community garden in the Native Village of Tyonek.

“The Tyonek garden is a place of wonder, respect, community, hard work, and reward. It is a place where a shy young girl digging up potatoes exclaims with excitement, ‘This is a miracle!’ The Tyonek garden celebrates local food resources, instilling hope for a healthy subsistence future,” said Nicole Swenson, Tyonek Tribal Conservation District Conservation Director & Garden Manager.

In 2008, with the goal of enhancing local food security and to promote healthy eating by providing fresh organic vegetables, the village decided to make it a priority to start growing local produce. The 1.5 acre garden, now in its fourth year, is completely off-grid and off the road system. The high tunnels with a ventilation system powered by solar energy help to extend the growing season and a solar-powered irrigation system brings in water from a nearby lake.

EpiCenter staff photographed the 2015 garden season, including the garden blessing, cooking demonstrations and the harvest. This year, the garden produce included tomatoes, corn, zucchini, cauliflower, cabbage, potatoes, lettuce, kale, rhubarb, a variety of berries, peas, beans,



Produce grown in the Tyonek Community Garden

■ Tomatoes	■ Lettuce	■ Herbs
■ Corn	■ Kale	■ Carrots
■ Zucchini	■ Rhubarb	■ Pumpkins
■ Cauliflower	■ Berries	■ Squash
■ Cabbage	■ Peas	■ Watermelon
■ Potatoes	■ Beans	

herbs, carrots pumpkins and other squash, even watermelons. More than 1,800 pounds of produce were harvested from the garden, 700 of which were potatoes!

Healthy eating habits and gardening skills are promoted by involving the youth of Tyonek. Students from the Tebughna School are heavily involved in everything from caring for seedlings to watering and weeding to harvesting produce. The garden also employs summer youth workers to help with garden tasks, running farmers



markets and delivering food to local Elders. After the season was over, the EpiCenter presented the community of Tyonek eight acrylic prints to be proudly displayed in the Tebughna School. Teachers, students and community members were amazed by the photographs and expressed sincere gratitude. An additional 140 4"x6" photographs were printed and given to the students of the Tebughna School and five large foam core prints were given to the Native Village of Tyonek to hang in the Tribal Center.

“We are thrilled to be working with ANTHC’s Healthy Portraits Program and to have the opportunity to showcase the Tyonek Garden to other communities in Alaska. We hope that the success of this project will encourage other communities to develop gardens of their own,” said Christy Cincotta, Executive Director of the Tyonek Tribal Conservation District.



For more information about the Healthy Portraits Project and past community profiles, visit: anthctoday.org/epicenter/healthyportraits/