



THE

Mukluk Telegraph

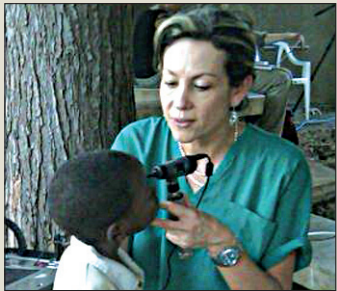
THE OFFICIAL QUARTERLY NEWSPAPER FOR THE CUSTOMER-OWNERS OF THE ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

APRIL - JUNE 2013

HIGHLIGHTS IN THIS ISSUE



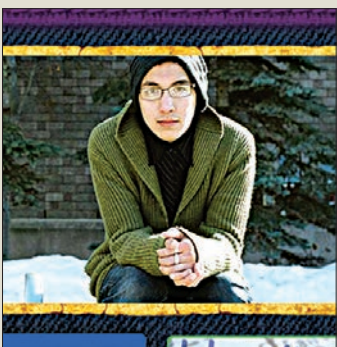
PAGE 3: Traditional foods with a contemporary twist



PAGE 6-7: ANTHC inspires health services around Alaska, the world



PAGE 8: Reading is fun, books are free



PAGE 9: Healthy lifestyles for youth



PAGE 10: Better health, stronger economy for Alaskans

PAGE 11: ANMC's history remembered in print

Zumba meets cooking demonstrations in Alaska's fight against diabetes



PHOTO BY TODD HENRY / ANTHC

Nurse Practitioner Ann Marie Mayer examines patient Frances Charles at a recent diabetes checkup at the Alaska Native Medical Center. ANTHC's Diabetes Program combines hands-on care with unique services to help battle diabetes around Alaska.

Traditional care and new services help ANTHC's Diabetes Program manage the chronic disease

BY ESTELLA CLAYMORE

Deep breathing and laughing. Zumba classes and cooking demonstrations. Fighting diabetes around Alaska isn't just about insulin shots and blood sugar monitoring anymore. As diabetes rates continue to climb around America, the trend is also impacting Alaska Native and American Indian people living in Alaska. The Alaska Native Tribal Health Consortium's (ANTHC) Diabetes Program has responded by offering a range of traditional diabetes care along with nutritional counseling and new education and prevention tools to manage diabetes.

SEE **DIABETES**, PAGE 4 ►

Constant construction *For ANTHC, building better health infrastructure around Alaska is a year-round job*

BY JOSH NIVA

Each summer, construction projects led by Alaska Native Tribal Health Consortium (ANTHC) staff and its partners come alive in communities around Alaska. In fact, Alaska's warm, bright months are packed with innovative and complex construction work by ANTHC.

Most of it centered on building water and sanitation facilities, clinics and energy resources so that Alaska Native people in rural Alaska can live healthier and the community infrastructure can run effectively and affordably.

Summer might be the busiest construction season, but the work is year-round for ANTHC and its Environmental Health & Engineering staff. They also provide planning and purchasing, scheduling and shipping, as well as design, engineering and fabricating services and more for the range of construction projects. Their work spans

SEE **CONSTRUCTION**, PAGE 5 ►

Tribal enrollment critical to health care reform and your wallet

BY ANTHC AND SOUTHCENTRAL FOUNDATION

Beginning January 1, 2014, every American, unless eligible for an exemption, must demonstrate health care coverage under the Affordable Care Act. This means that if you do not already have coverage (e.g., Medicaid, Medicare, Denali KidCare or private insurance) and do not qualify for an exemption, you will be required to purchase health insurance or face a penalty when filing taxes. The fees are income-based and, when filing 2014 taxes, will range from \$95 per uninsured family member upwards to 1 percent of income. Penalties when filing 2015 and 2016 taxes will be higher.

Alaska Native and American Indian people are exempt from the insurance coverage requirements (and related penalties) if they can provide evidence that they are 1) a shareholder of an Alaska Native Claims Settlement Act (ANCSA) village or regional corporation, or 2) enrolled in a federally recognized tribe. A

Online

For more information on Health Reform, please visit healthcare.gov

Certificate of Indian Blood alone will not be enough.

To avoid the penalty fees, shareholder descendants have the option of either purchasing insurance or enrolling in a program like Medicaid or Denali KidCare, or enrolling in a federally recognized tribe. Alaskans will have a new option of purchasing health insurance through the federal marketplace as early as October for plan coverage effective Jan. 1, and income-based subsidies will be available for those who qualify.

For more information on the Affordable Care Act, please visit www.healthcare.gov.

Frequently Asked Questions

Q: What can I do to make sure I'm not penalized?

A: You may choose to purchase insurance, or have documentation ready that proves you are a shareholder or are enrolled in a federally recognized tribe.

Q: How do I enroll in a tribe?

A: Tribal enrollment rules are different for every tribe. You are most likely to qualify for tribal enrollment in the village where your family comes from. Contact your tribe(s) (addresses can be found at www.ncai.org/tribal-directory) to learn about what is required for enrollment. You can also contact the Bureau of Indian Affairs, Alaska Regional Office, at (800) 645-8465, option 1.

ANMC's Patient Transportation team helps patients, frees clinical staff for care

Historically, when patients were transported within the Alaska Native Medical Center (ANMC) hospital, they were accompanied by a member of the nursing staff, which removed clinical staff from caring for other patients. When patients were discharged from the hospital, they often left their room and facility on their own. Aside

from the difficulty getting out of the facility and customer service concerns, it also posed a potential safety challenge for customer-owners.

One of ANTHC's Quality initiatives for 2013 created the ANMC Patient Transportation program, a centralized team that assists patients and supports staff

during transport within the hospital and at the time of discharge. Since launching on February 1, ANMC's Patient Transportation team has performed more than 4,000 transfers and has a response time goal of 10 minutes or less. The group uses Android Smart Phones to communicate instead of pagers and beepers, which helps with

response time and communication.

This team has improved quality at ANMC by maximizing patient safety, customer service, and the time clinical staff spends providing patient care. The Patient Transportation team of 12 has basic life-support training and includes many Alaska Native staff, adding to the customer experience.

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

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Amazing Nurses, Magnet Care.

ANMC'S NURSES have driven our hospital's Magnet designation since 2003.



**ALASKA NATIVE
MEDICAL CENTER**



“Traditional Foods, Contemporary Chef” gains statewide viewers, national attention

BY ESTELLA CLAYMORE

“Traditional Foods, Contemporary Chef,” ANTHC’s popular online cooking series, takes viewers around Alaska to harvest ingredients from nature then into the kitchen to create modern recipes.

Recently uploaded episodes of the series bring viewers to Old Harbor, Sand Point, Akutan, Norton Sound and the Aleutian Islands. Ingredients taken from the land and sea of these regions are made into recipes like Nuniaq bear braise; steamed Dungeness crab with berry reduction sauce; salmon caviar; baked Sikyuk; Akutan berry compote; Akutan harbor seal stew; Popof Island halibut; puffin pilaf; badarki salad; octopus cakes; Indian fry bread; Maklak (bearded seal) stir fry with crowberry sauce; berry spritzer; and more.

The series expanded its already large audience when episodes started airing on Alaska Public Television’s “Alaska Weather” program. It will be a regular addition to the show, which airs at 5:30 p.m. on Thursdays.

ANTHC’s Store Outside Your Door team is the creative force behind “Traditional Foods, Contemporary Chef.” ANTHC’s work with reintroducing traditional foods to young Alaska Native people through the Store Outside Your Door initiative was also highlighted in the February 5 issue of Indian Country Today.



PHOTOS BY ANTHC

Octopus caught in Mud Bay near the community of Sand Point was used in a recipe in a recent episode of ANTHC’s “Traditional Foods, Contemporary Chef.”



Online

Watch episodes of “Traditional Foods, Contemporary Chef” at [youtube.com/ANTHCStoreOutside](https://www.youtube.com/ANTHCStoreOutside)
Learn more about Store Outside Your Door at [facebook.com/storeoutside](https://www.facebook.com/storeoutside)

Chef Melissa Berns, left, and ANTHC’s Desiree Bergeron prepare smoked salmon for baked sikyuk in a recent episode of “Traditional Foods, Contemporary Chef.”

ANMC’s Maternal Child Health expands to treat more babies, mothers

ANMC’s Maternal Child Health (MCH) department recently hosted a ribbon-cutting ceremony and baby shower to celebrate the newly expanded Neonatal Intensive Care Unit (NICU) and postpartum rooms. The event marked the end of one of six coordinated remodeling projects in the MCH area. More than \$12 million is dedicated to these projects, which includes the expansion of the NICU beds to 12, adding a pediatric medical procedure room and a room for pediatric play and resources.

The remodel also centralizes and secures the MCH reception area, making navigation easier

for our customer-owners. The postpartum rooms have been in use since September 2012 and the new NICU started caring for babies earlier this year.

“Maternal Child Health will benefit greatly from the added capacity and services which we can now offer our moms and babies,” said Shelly Inda, Director of the ANMC Mother Baby Unit. “I’m so happy to be able to see our efforts come to fruition.”

Last year, 1,552 babies were born at ANMC, with approximately 10 percent born prematurely and admitted into the NICU.

“We care for babies who are born early at 32 weeks gestation, neonates who have problems during delivery, and neonates who develop problems while still in the hospital,” said Marilyn Deykes, Director of ANMC Inpatient Pediatrics.

Phil Cannon, Associate Pastor at Anchorage’s First Covenant Church, delivered a blessing for the new spaces at the ribbon-cutting event. ANMC’s Volunteer Services also collected new premie and newborn snap-sleepers, as well as infant hats and socks for the baby shower. ANMC’s Volunteer Services team will distribute the items to families in need.

DIABETES, FROM PAGE 1 ▶

Diabetes is a chronic disease in which there are high levels of sugar in the blood. “Diabetes causes sugar to build up in the blood stream which can lead to major heart problems and possibly amputations,” explained Judy Thompson, Director of ANTHC’s Diabetes Program. She added that inactive lifestyles and less healthy food choices are adding to the increase in diabetes around Alaska in recent years.

Around 5,000 Alaska Native and American Indian people are living with diabetes in Alaska. In 1990, about 900 Alaska Native people had diabetes. By 2009, 4,000 Alaska Native people had diabetes, a 365 percent increase. That inspired ANTHC’s Diabetes program to travel more often and expand its services.

The program cares for more than 1,000 patients each year at the Alaska Native Medical Center (ANMC), but their work extends far beyond. They also provide cooking demonstrations, foot care, and even exercise instructors to clinics, health fairs and community events

Online

For more information about ANTHC’s Diabetes Program, call **(907) 729-1125**

around Alaska. The team visits as many as 10 Alaska communities annually, providing care and prevention education for all living in the area, whether they are struggling with diabetes or not.

“Diabetes can be a devastating disease, but it doesn’t have to be,” said Angela Manderfeld, ANTHC Diabetes Dietician and Educator. “If we can get the word out about ways to prevent and manage diabetes, then we are working towards our mission of helping Alaska Native people to be the healthiest people in the world.”

Thompson explained that most field clinics are visited by a medical provider and a dietitian, but sometimes the group includes a pharmacist, a physical therapist who provides foot care, and a community educator, depending on the needs of each area.

At a recent visit to Barrow, the team participated in the Community Wellness Celebration Week. There was a walk inside a



PHOTOS BY TODD HENRY / ANTHC
 ANTHC’s Diabetes clinical team includes, from left, Nurse Practitioner Ann Marie Mayer, Dietitian and Educator Angela Manderfeld and ANTHC Diabetes Program Director Judy Thompson, who is also a pharmacist.

local gym and pedometers were provided to walkers. In Kenai, a diabetes team member presented a cooking demonstration and in Dillingham the team helped the community know their ABCs – Hemoglobin A1c (blood sugar or glucose), blood pressure and cholesterol.

The cooking demonstrations teach adults and children how to prepare healthy and affordable meals using foods that are as close to nature as possible. Foods that have been extensively processed lack the essential nutrients to keep people healthy and are not recommended for diabetes prevention or treatment.

Diabetes is preventable

and can go into remission if the proper lifestyle changes are made to combat the disease’s harmful effects. Here are some tips from ANTHC’s Diabetes Program to help you stay healthy:

- **Eat foods found in nature.** Processed foods have little to no nutritional value. Read food labels.
- **Exercise often.** Do what you can for as long as you can every day.
- **Don’t use tobacco,** which can lead to cancer, heart problems and amputations.
- If you sit all day doing projects or for work, **get up and move** at least 10 minutes for every hour you sit.

For more information about ways to stay healthy, visit diabetes.org and dlife.com or talk to your health care provider.



ANTHC Diabetes Nurse Practitioner Ann Marie Mayer conducts foot examinations during every patient checkup. Basic foot care and examinations help prevent possible amputations and other complications in diabetes patients.

DIABETES PREVALANCE among Alaska Natives

THEN
(1998)

NOW
(2010)



3.1%



4.7%



PHOTO BY TODD HENRY / ANTHC

In Kaltag, ANTHC staff joins community members and health aides to celebrate the opening of the area's new health clinic, which was constructed by ANTHC.

CONSTRUCTION, FROM PAGE 1 ▶

from planning a project to helping construct it to supporting it and its operators for many years after opening.

“Most construction projects might be shut down around the state in the winter, but the majority of the pre-construction work happens in those months here in Anchorage,” explained Mark Landon, ANTHC’s Construction Field Manager. “To do that much work so far away from where many of the projects actually take place is pretty challenging, but the result of that work is always rewarding.”

Many ANTHC staff members have been busy for months setting the groundwork for this year’s upcoming construction season, as well as work in the years ahead. Staff in ANTHC’s Shipping & Receiving and Electrical shops in Anchorage are building and prepping materials for use in the field. By May, heavy freight is arriving in communities and construction work is underway.

Here is a preview of the 2013 construction season around Alaska, as well as a recap of the 2012 construction season:

Read about ANTHC’s projects in Goodnews Bay and Kaltag on Page 9.



PHOTO BY ANTHC

The new health clinic in Chalkyitsik was constructed by ANTHC.

ANTHC anticipates



Crews working around Alaska included **448** local hires **94%** of which were Alaska Native.

Four Alaska Native workers earned **1,000 hours** toward their electrical and plumbing apprenticeships.

ANTHC’s Shipping & Receiving team sent **4.5 million** pounds of freight around the state last season, including **1 million** pounds in May.

Alaska Impact, Global Influence

ANTHC staff travel the world to share innovative work

BY JOSH NIVA

ANTHC staff members are recognized for innovative and life-changing work around Alaska, where they are known as leaders, educators and advocates. The world has also taken notice, viewing aspects of ANTHC's work as models for success and solutions for health issues around the globe.

ANTHC staff occasionally travel to share the Consortium's work and vision, as well as the unique successes and

challenges that come with offering a diverse range of health services to 143,000 Alaska Native people around our large state. Organizations from around the world come to ANTHC for answers and for inspiration so that they can best serve populations in their own environments. ANTHC staff members always take the opportunity to hear new perspectives on how we can make our work around Alaska even more effective.

Here are a few of those stories ...

Sanitation solutions in Mongolia

Located near Russia, Mongolia has a landscape similar to Alaska's – a northern region with extreme weather and natural challenges everywhere. Around the nation's capital Ulaanbaatar, more than 700,000 people live in 180,000 homes without water and sanitation, and regional leaders have struggled with providing sanitation services using outdated infrastructure.

Online

Learn more about the work of ANTHC's Environmental Health & Engineering group at

anthctoday.org/dehe

When Mongolian leaders searched for answers to bring healthier conditions to their people, they called ANTHC. After a phone conversation with ANTHC leadership in the Division of Environmental Health and Engineering (DEHE), The World Bank asked to host a DEHE representative at a sanitation conference in Mongolia. A DEHE operations leader traveled there and spent five days presenting ANTHC's clean water and sanitation services work to the Mayor of Ulaanbaatar, local utilities staff, representatives from The World Bank, The Asian Development Bank, UNICEF, and other international development partners.

DEHE leaders report that, "They were absolutely stunned by our work – this was further proof to us that ANTHC staff are international experts in what we do. We have been building arctic sanitation systems for 40 years around Alaska and we've learned a lot. Today, we have people who are masters of what they do."



This dwelling is an example of some of the housing around Mongolia's coldest remote regions.

PHOTOS COURTESY OF ANTHC

AFHCAN connects the world to care

ANTHC's AFHCAN telehealth program has revolutionized health care around Alaska, shortened the long distances of our state, improved access by bringing care closer to home, and provided better care and services for Alaska Native people.

AFHCAN has made a similar impact around the world. More than 500 AFHCAN telemedicine carts and many AFHCAN tConsult solutions are being used to help provide better health care in countries from Greenland to China, Saudi Arabia to Greece, Panama to Ireland, and more.

In Greenland, 44 settlements are using AFHCAN tools and solutions and have even affectionately named the carts "pipaluk carte" (Pipaluk has many meanings, from caring to nurse to sweet thing). In the Maldiv Islands in the Indian Ocean, carts are used on 35 islands. tConsult is credited with providing the care that saved a Kenyan man after he had been attacked by a hippopotamus.

Online

Learn more about ANTHC's AFHCAN Telehealth Solutions at

afhcan.org



Providers in Kenya use ANTHC's AFHCAN equipment and software to care for residents in remote areas.

Different landscapes, shared passions

At a distance, Alaska and Cuba couldn't seem any more different. But according to Christine DeCourtney, Planning Director of ANTHC's Cancer Program, health care professionals in both places share a passion for providing the best services to their populations while maximizing limited

resources and thriving in unique political and environmental landscapes.

DeCourtney was invited to join

a group of 20 national health care leaders in Cuba as part of the Medical Education Cooperative with Cuba (MEDICC), which supports financially challenged American medical students studying in Cuba. Medical education is free in Cuba for students that make a four-year commitment to work in underserved areas around the world including America. MEDICC helps students that wish to practice in the U.S. prepare for specialty boards and licensure. DeCourtney met with doctors, nurses and students, toured medical facilities, and gained a new insight on Cuba's health care system.

"They have an integrated system like the Alaska Tribal Health System, and they also place a large emphasis on prevention and primary care like us," she explained. "And even though they have far fewer resources than we do, they really believe in their work and it's truly amazing what they accomplish."



ANTHC's Cancer Program Planning Director Christine DeCourtney, middle, learns about health care with colleagues in Cuba.

Online

Learn more about ANTHC's Cancer Program by visiting anthc.org/chs/crs/cancer



ANTHC Chairman and President Andy Teuber, second from left, meets with New Zealand health care leaders.

From Alaska to Auckland

Last September, ANTHC Chairman and President Andy Teuber was invited by the Institute for Healthcare Improvement and Ko Awatea to present at the Asia Pacific Forum on Quality Improvement in Health Care in Auckland, New Zealand. Teuber shared the

work of ANTHC and the Alaska Tribal Health System at "Equity in Health Care: The What, The Why, and The How" workshops.

While in Auckland, he met with staff at Papakura Marae, a trust that delivers health and social services to Maori people in the South Auckland area.

"I was honored to participate

in a Maori ceremony," explained Teuber. "The Powhiri is the formal ritual of first encounter, and is the most important ritual for Maori as it identifies who people are, where they come from and what the purpose is for them to meet with the tangata whenua (local people)."

Inspiring those who inspired us

Ten years ago, groups of Alaska Native students traveled to New Zealand for training to become Alaska's first Dental Health Aide Therapists (DHAT). Soon after, ANTHC's DHAT Educational Program came to life, inspired in part by New Zealand's programs.

Today, ANTHC's DHAT Educational Program and Alaska's DHAT are viewed as promising models for battling oral health issues around the country and the world. In November 2011, ANTHC's DHAT Education Director Dr. Mary Williard was invited to participate in a fellowship at the University of Otago in Dunedin, New Zealand. There, she shared ANTHC's successes and struggles from the past 10 years, while also learning how New Zealand's programs have evolved.

Williard said that New Zealand dental therapists are moving out of their traditionally school-based clinics into community clinics in order to reach more kids and build relationships with families to improve their oral health. Alaska's DHAT typically practice in health clinics and engage communities and individuals in oral

Online

Learn more about ANTHC's DHAT Educational Program and the work of DHATs around Alaska at [anthc.org/chs/chap/dhs and depts.washington.edu/dentexak](http://anthc.org/chs/chap/dhs_and_depts.washington.edu/dentexak)



ANTHC's DHAT Education Director Dr. Mary Williard, far right, meets with fellow doctors in New Zealand.

health so that children can grow up cavity free and adults can keep their teeth into old age.

"It was a validation of what we are doing here in Alaska," explained Dr. Williard. "We talked about how rural communities in Alaska have many similarities to the Maori communities. I was so honored to have been given this opportunity."

Find us online
The Mukluk Telegraph is available online: anthc.org/abt/news

Celebrating reading and families at ANMC with Imagination Library, HANF

BY ESTELLA CLAYMORE

The Alaska Native Medical Center's (ANMC) newborns are getting a head start on reading thanks to Best Beginnings Imagination Library and ANTHC's Healthy Alaska Natives Foundation (HANF). Best Beginnings is a nonprofit organization that uses the statewide network of Imagination Libraries to send one age-appropriate book monthly to each enrolled ANMC newborn until they turn 5-years-old.

"We enrolled our baby in the program to get him better prepared for school," said Lareina Oskolkoff, a new mother. "The enrollment process was easy and we can't wait to receive our first book."

For the second year in a row, HANF donated \$10,000 to Best Beginnings to ensure that every newborn at ANMC would be able to be enrolled.

"The Foundation is thrilled to support Imagination Library at ANMC," said Carrie Brown, HANF Director. "Early literacy is an essential element in nurturing healthy babies, healthy adults and healthy communities."

The statewide network of 29 Imagination Libraries is used to distribute books to families in 100 communities. Surveys conducted in Alaska in 2009 and 2011 found parents of children enrolled for at least one year read to their children more frequently and report their children are more enthusiastic about reading. Of these parents, 93 percent said Imagination Library helps their children be better prepared for kindergarten.

To help promote the program to families, ANMC celebrated Dr. Seuss's birthday with young readers in March with book readings books by special guests Miss World Eskimo Indian Olympics 2012 Rosemary Berg and Miss Anchorage Sarah Cvancara. The celebration attracted families and children who each received a door prize that included book bags, slippers and books.



PHOTOS BY ROBERTA MILJURE



Above: Madison Soots, left, and Ileana Dinkins enjoy some reading and fun at a celebration of Dr. Seuss' birthday in March at the Alaska Native Medical Center. The event also promoted the Imagination Library books program for Alaska Native families. **Left:** Miss World Eskimo Indian Olympics 2012 Rosemary Berg, left, and Miss Anchorage Sarah Cvancara read "The Foot Book" to children.



Miss World Eskimo Indian Olympics 2012 Rosemary Berg prepares to read "Horton Hears a Who" to a group of children at a birthday celebration for Dr. Seuss at the Alaska Native Medical Center in March.

Online

For more information about the Imagination Library program in Alaska, visit bestbeginningsalaska.org

HEALTHY
Alaska Natives
FOUNDATION
Alaska Native Tribal Health Consortium

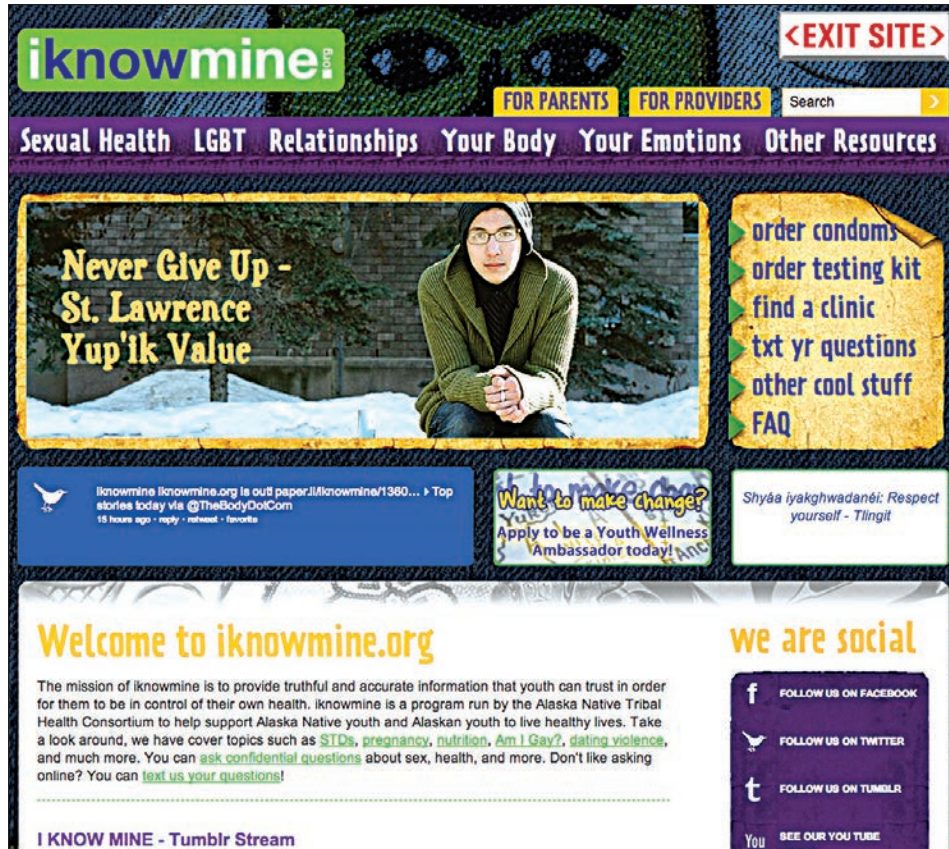
THANK YOU TO OUR SPONSORS FOR THEIR SUPPORT!

All proceeds benefit initiatives which support Alaska Native health and wellness.

THESE BUSINESS LEADERS HELPED MAKE THE 6TH ANNUAL RAVEN'S BALL A SUCCESS:

Raven's Ball
SIXTH ANNUAL

Health information for Alaska Native youth and young adults gets new look



Engaging Alaska Native youth with information on healthy lifestyles is a constant challenge. ANTHC's HIV/STD Prevention Program recently updated its popular iknowmine.org website to reach that audience even more effectively.

Originally launched in 2009, iknowmine.org was developed in response to conversations with more than 100 Alaska Native youth and community members from around the state. Three years later, iknowmine.org was updated as a comprehensive Alaska Native youth wellness website to better connect with and serve that audience.

"Our goal is a one-stop youth wellness website with lots of information, education and resources," said Connie Jessen, HIV/STD Prevention Program Manager. "Youth need to be educated and informed about health and wellness. We cannot just single out one health issue. We need to look at it as more of a holistic approach to health and give youth a lot of resources at different levels to affect their health and achieve well-being."

The site has information on healthy relationships and physical, emotional and spiritual health. Jessen said the HIV/STD Prevention Program staff constantly generates and posts content. If you are interested in having youth specific content and resources from your program added, contact Connie Jessen at cmjessen@anthc.org.

Around Alaska

BY JOSH NIVA

Fire hydrants save the day in Goodnews Bay

When ANTHC's Environmental Health & Engineering teams build water systems in communities around Alaska, the work is focused on providing clean water and sanitation to improve the health of the area's community members. But there are many additional benefits, including complementary pieces like fire hydrants.

Until two years ago, Goodnews Bay was a honey bucket community of around 250 people. Since, ANTHC has partnered with other agencies to build an extensive water system that includes a water treatment plant, plumbing to homes, a sewer system, a water reservoir and much more. There are also 26 fire hydrants around the community, and one came in handy this winter when the deck of a home started on fire on a cold, windy day.

The community's water treatment plant team responded quickly, attaching a hose to a nearby fire hydrant and putting the fire out within a few minutes. The fire damage was contained to the home's deck. In the past, the community would have had to fight the fire with five gallon buckets and water from a reservoir – the fire certainly would have spread and caused more damage.

"A few other buildings probably

Online

Learn more about ARUC by visiting anthc.org/cs/dehe/sustops/alaska-rural-utility-collaborative.cfm

would have burned down – most buildings are 10 feet apart here," explained Larry Small, a water treatment plant operator.

The hydrants worked excellently because of the community water system's design and construction, Small added, and because his team checks and services the hydrants often. He added that the people in his community are healthier since the water system launched.

"I know that a lot less people are sick now," he said. "And we don't have to see any more honey buckets."

The water system is as efficient and healthy as ever, as well. Goodnews Bay joined ANTHC's Alaska Rural Utility Collaborative, which helps the community have cost-effective operations and maintenance for its system, among other benefits.

New health clinic in Kaltag opens with a party

The community of Kaltag recently celebrated the opening of its new 2,100-square-foot health clinic constructed by ANTHC's Environmental Health and Engineering group. The \$2.2 million dollar clinic is equipped with its own pharmacy, laboratory, three exam rooms, a dental exam room, a temporary duty kitchen and sleeping

room for traveling physicians and health aides. The new facility replaces a dated facility that was beyond renovation. Construction efforts began in May 2012.

The grand opening on March 2 included a potlatch, an address by

the mayor of Kaltag, and comments to remember past health aides. Two ANTHC engineers that helped with the clinic construction attended, as did people from neighboring villages that rode to Kaltag on snow machines.

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

Medicaid expansion: Alaskans helping Alaskans to better health, stronger economy

Findings from two independent studies report that a modest investment to expand Medicaid coverage in Alaska could improve access to basic health care for more than 40,000 uninsured Alaskans while boosting the state's economy.

The Alaska Native Tribal Health Consortium (ANTHC) commissioned the two reports, which are the most comprehensive independent studies to date of the Medicaid expansion option in Alaska. The reports were conducted by Alaska-based Northern Economics, Inc., and The Urban Institute. Both reports project positive health, fiscal, and economic benefits while providing further understanding of the potential impacts of Medicaid expansion in Alaska.

The reports cite significant positive economic and social impact surrounding Medicaid expansion, most notably the life-changing results it can make to health care improvement for many Alaskans. Expanding Medicaid would dramatically improve access to care, remove barriers to appropriate care, lower costs, and improve long-term health within our communities.

Healthier Alaskans lead to a healthier economy for Alaska. The



PHOTO BY TODD HENRY

Thousands of Alaskans would benefit from the expansion of Medicaid in Alaska. Expansion would expand basic health care for more than 40,000 uninsured Alaskans, create thousands of jobs and build a stronger economy for our state.

reports also points to the positive economic implications for our state in the event of Medicaid expansion. Some of the benefits include the creation of approximately 4,000 new jobs by 2017; \$15.50 new federal dollars for every \$1 Alaska invests; \$2.33 billion cumulative increase in business sales in the first six years of expansion; and more.

ANTHC leadership has distributed the independent reports to Alaska Governor Sean Parnell,

elected and appointed government officials, ANTHC's partners, and statewide media. In recent weeks, media outlets carried the conversation to readers and viewers around Alaska and beyond.

The editor of The Bristol Bay Times, Corey Restino, encouraged Medicaid expansion for Alaska in his editorial. Restino shared the positive implications of Medicaid expansion and offered perspective on life for uninsured Alaskans and those struggling financially in

Online

Learn more about Medicaid expansion in Alaska and read the two reports, as well as a master report, at anthctoday.org/news/medicaid.html

the face of health complications. Restino closed by writing, "Alaskans need expansion – and more – right now."

A health policy educator and consultant based in Anchorage, Lawrence D. Weiss, penned an op-ed for the Anchorage Daily News entitled "Medicaid expansion is good for Alaskans." He wrote that Medicaid expansion would positively impact the health care for thousands of Alaskans while stimulating Alaska's economy with jobs, activity and federal revenue. He also noted that many states that once opposed the Affordable Care Act now favored Medicaid expansion and how it would assist America's uninsured people, rural hospitals and more. Weiss concluded by writing, "Medicaid expansion – good for the economy and good for the health of the people."

Our first 15 years, our next 15 years

The 2012 ANTHC Annual Report is available online:



As ANTHC marks the first 15 years of working to make Alaska Native people the healthiest people in the world, we're celebrating our progress as well as preparing for the next 15 years.

Learn about the past, present and future of tribal health in Alaska by viewing ANTHC's 2012 annual meeting video and annual report at www.anthc.org.

PARENTS: Protect yourself and your children from whooping cough!



Whooping cough (pertussis) is a contagious disease that causes long periods of coughing.

While this disease affects everyone, it is a severe health risk for babies and can cause them to stop breathing. Some can even die from it.

Ways to protect yourself and your family:

- Make sure your children are up to date on immunizations
- Get a Tdap vaccination
- Cover your cough and wash your hands

Vaccination is protection. Get your shot today!
For more information, visit www.epi.alaska.gov.



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July 26, 2013

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HEALTHY AlaskaNatives FOUNDATION
Alaska Native Tribal Health Consortium

Around ANTHC

ANMC hospital retains Level II Trauma Center designation through 2013

The Alaska Native Medical Center (ANMC) hospital was recently reverified as a Level II Trauma Center by the American College of Surgeons. This achievement recognizes the hospital's dedication to providing optimal care for injured patients and continues ANMC's standing as Alaska's only Level II Trauma Center.

Trauma is the leading cause of death and disability in Alaska Native people of all ages and the leading cause of death for many age groups of Alaskans. Level II Trauma Centers have emergency doctors on hand at all times and surgeons on call and available within 15 minutes. ANMC serves as

the trauma referral center for all of Alaska's tribal health facilities.

Treating Elders to lunch and company

Recently, about a dozen Alaska Native elders living at Prestige Care Nursing Home in Anchorage were treated to a luncheon sponsored by ANTHC's Elder Care Program. Three staff members from the Aleutian Pribilof Islands Association brought muktuk and gifts for the elders. Moose brisket and cranberries was served along with rice, cranberry pudding, fry bread, salmon chowder, boiled white fish and boiled smoked fish. The smoked fish was boiled to make it softer and easier for the elders to eat. The donated food from ANTHC staff members was enjoyed by all.

Teams make progress on statewide pharmaceutical care initiative

ANTHC and its statewide

partners are making progress on an important initiative to improve the provision of pharmacy care for patients across the Alaska Tribal Health System. The development of statewide drug management processes works to improve continuity of pharmaceutical care for our customer-owners traveling between Tribal health organizations.

This effort involves ANTHC and ANMC staff, as well as prescribers, pharmacists and medical administrators from across our Alaska Tribal Health System. Key areas of focus for the initiative are improving access to formulary coverage information, coordinating dispensing policy practices, and managing high-expense medications. Teams are gathering information that will allow better understanding of the gaps that exist in drug coverage between organizations. In addition, a discharge pharmacy program for

patients admitted to ANMC is under development.

ANMC nurses train next generation through clinical work experience

ANMC has been Alaska's only Magnet-designated hospital since 2003, and the nursing excellence that Magnet recognizes extends far beyond the bedside. One way that ANMC's nurses display their leadership is by helping develop future nurses.

ANMC has been a longtime site for University of Alaska Anchorage nursing students to complete their clinical work. Every semester, ANMC hosts about seven nursing student groups and as many as 80 nursing students in their second and fourth year of study. ANMC is also working with AVTEC to accept their two-year RN program students to perform clinical work in the hospital.

7 Generations training: Environmental issues at a community level

ANTHC continues offering 7 Generations training around Alaska. It teaches participants a community-based approach for identifying, prioritizing, planning and managing environmental issues such as drinking water, wastewater, solid waste, fuel storage, air, energy, climate and more. It is based on the 7 Generations manual, which was designed for environmental staff, community leaders and community planners in rural Alaska.

Training sessions provide a "baseline overview of the many different

issues that are common in rural Alaska relating to environment that could affect health," according to Desirae Roehl, Program Manager of ANTHC's Healthy Village & Environment Program.

The 2013 training sessions will take place in Hoonah from June 11-13 and in Anchorage from August 20-22.

Online

To learn more about 7 Generations training and to apply for upcoming sessions, visit anthc.org/chs/ces/hve/7-generations.cfm

Thirty years of ANMC's history captured in book reprint

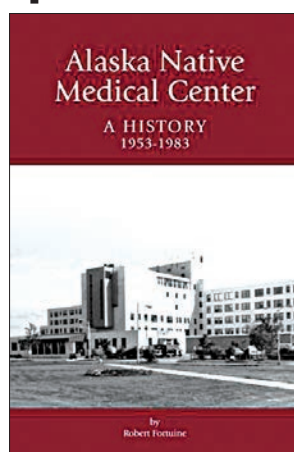
"Alaska Native Medical Center: A History 1953-1983," a book written by Dr. Robert Fortuine, was recently reprinted. The book tells the history of the original Indian Health Service (IHS) hospital in Anchorage that serviced the tuberculosis outbreak in the Alaska Native population.

The book describes how the IHS hospital was transformed into the Alaska Native Medical Center, a full-service hospital with a dedicated staff that faced many challenges to meet the medical needs of the Alaska Native population. It includes details from staff notes, interviews, hospital records, logs and photographs.

Originally published in 1986, only 500 copies of the book were made available to the public. Most of these copies quickly ended up in various libraries and private collections, leaving no remaining inventory.

The author, Dr. Fortuine, worked at ANMC as a medical director, family physician, emergency room physician and volunteer. He was also a noted historian who wrote several books about the history of health care in Alaska, including "Chills and Fever: Health and Disease in the Early History of Alaska" and "Must We All Die? Alaska's Enduring Struggle with Tuberculosis."


The new printing was made possible by support from ANTHC, the ANMC Auxiliary and several individuals. The book is available at the ANMC Craft Shop and online at lulu.com; type "ANMC" into the search bar. The price is \$14 and a portion of the proceeds will benefit the ANMC Auxiliary.





Alaska Native Tribal Health Consortium

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Michelle
Care Coordination Center Manager
Turtle Mountain Chippewa, from North Dakota

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meet ANMC's



The Alaska Native Medical Center (ANMC) is committed to providing the best care and services to Alaska Native mothers, children and families. That's why we've invested \$12.5 million to upgrade and renovate ANMC's Mother/Baby Unit, Inpatient Pediatrics, Pediatric Intensive Care Unit and Neonatal Intensive Care Unit. And that's why our new additions are already a hit with Alaska's new additions – and their moms and dads!

newest additions!



ALASKA NATIVE MEDICAL CENTER



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