



THE

Mukluk Telegraph

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

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ANMC at 60

Family Caring for Family



Siblings Carl Roehl, Mark Roehl, Ileen Sylvester and Robert Roehl work with other family members on the Alaska Native Health Campus.

BY JOSH NIVA

Family is at the heart of Alaska Native culture, as well as the driving force of the family-centered care provided at the Alaska Native Medical Center (ANMC). Family is also a critical piece of the fabric of the Alaska Tribal Health System with many relatives – brothers and sisters, parents and children, husbands and wives, multi-generations – working together in the system and on the Alaska Native Health Campus in Anchorage.

As part of the Alaska Native Tribal Health Consortium (ANTHC) and Southcentral Foundation's (SCF) yearlong celebration of ANMC at 60, we are spotlighting some of the many families with connections dating back to the original hospital and those who continue working in roles that contribute to providing the best health care and services for Alaska Native people.

SEE FAMILY CARING FOR FAMILY ON PAGES 8-10

PHOTO BY TODD HENRY / ANTHC

State-of-the-art Hybrid OR opens at ANMC

Alaska's best trauma care and services get even better

BY DARBI DALEY

As Alaska's only Level II Trauma Center, the Alaska Native Medical Center (ANMC) serves as the trauma referral center for all Anchorage hospitals and for every Alaska Tribal health facility. The ANMC hospital's trauma care and services took another leap forward for its patients with the recent opening of its new hybrid operating room (OR). The technology used in this hybrid OR is the first of its kind in Alaska.

The hybrid OR provides the infrastructure that allows interventionalists to use the latest technologies and

SEE **HYBRID OR**, PAGE 2 ►



PHOTO BY BRIAN ADAMS

Alaska Native Medical Center's Surgical Services staff works in the hospital's new hybrid operating room. ANMC is Alaska's only Level II Trauma Center and the new hybrid OR strengthens those services for trauma patients from around Alaska.

HYBRID OR, FROM PAGE 1 ▶

collaborate with their imaging and surgical colleagues to provide state-of-the-art treatments for trauma patients. Ultimately, having these advanced capabilities in the hybrid OR will improve patient outcomes at ANMC.

“The chances of survival for serious trauma patients is 20-25 percent better when receiving care at a verified trauma center,” said Dr. Frank Sacco, ANMC Chief of Surgery. “This is a good addition for the Alaska Native Medical Center and a great benefit for all Alaskans.”

Trauma patients and others can now benefit from approaches that allow complicated care to be delivered in one setting, eliminating the need for multiple staged procedures. In addition, patient recovery time is potentially shortened, length of stay and cost of care reduced, and complications minimized.

“Not only does ANMC provide the highest level of trauma care in Alaska, but now we also have the best hybrid OR in the state,” said Laura Mullin, ANMC Surgical Services Director. “Our emergency room is directly below the hybrid OR, so a trauma patient could go from an ambulance outside ANMC to the hybrid OR in about three



PHOTO BY BRIAN ADAMS

A view of some of the state-of-the-art technology available for specialists who work in the Alaska Native Medical Center hospital's new hybrid operating room.

minutes.”

A hybrid OR combines a conventional operating room and an interventional radiography suite, which is used for performing vascular procedures. These procedures include inserting a catheter into a blood vessel in the groin or wrist; threading the catheter using advanced imaging; and treating vascular disease

Online

Watch a news report about ANMC's new hybrid OR at

bit.ly/1cCB45L

or trauma. The suite's cutting-edge equipment includes an interventional X-ray system that operates using a much lower dose of radiation than other systems, without compromising image quality, which benefits patients

receiving care and providers working in the room.

“Our new hybrid OR will advance the mission of ANMC by enabling us to provide advanced vascular interventional capabilities,” said Dr. Paul Franke, ANMC Chief Medical Officer. “The hybrid OR will also provide additional operating room capacity, which is a growing need at ANMC.”

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

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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

MAGNET® AT ANMC: EXCELLENCE IN CARE AND LEADERSHIP

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SINCE 2003, Alaska Native Medical Center (ANMC) nurses have been Magnet® recognized.

ALASKA NATIVE MEDICAL CENTER

MAGNET RECOGNIZED AMERICAN NURSES THE GOLDEN THREAD

Health insurance opportunities still available through pilot program

Learn if you qualify for the new Tribally-Sponsored Health Insurance Program

What is Tribally-Sponsored Health Insurance?

Tribes and Tribal health organizations may now pay for health insurance for Alaska Native and American Indian people who qualify. The Alaska Native Tribal Health Consortium (ANTHC) is now offering Tribally-Sponsored Health Insurance in Alaska on a limited trial basis.

Will Tribally-Sponsored Health Insurance cost me anything?

No. ANTHC pays the insurance premium cost. Alaska Native and American Indian people also do not have to pay any co-payments or deductibles when you are seen or referred by Tribal health facilities.

Why should I have Tribally-Sponsored Health Insurance?

Health insurance can help make more services available for you and all Alaska Native and American Indian people. Health insurance can also help you get medical care when you are traveling or away from Tribal health facilities.

How do I qualify?

You and your family can get Tribally-

Sponsored Health Insurance if you:

Are eligible for Indian Health Services; meet the income guidelines in the chart below; and are not covered by or eligible for Medicare, Medicaid (Denali Care), Veterans Health, or health insurance through an employer.

You will need your tax forms to apply.

If your family has:	You are eligible if your income is above this amount:	And below this amount:
1 person	\$14,350 a year	\$43,050 a year
2 people	\$19,380 a year	\$58,140 a year
3 people	\$24,410 a year	\$73,230 a year
4 people	\$29,440 a year	\$88,320 a year

Will ACA enrollment impact me and my Tribally-Sponsored Health Insurance opportunities?

You may have heard that enrollment in the new ACA Marketplace is closed as of March 31. But if you are an ANCSA shareholder or enrolled member of a federally recognized Tribe, you are allowed to enroll through 2014. Others can only enroll outside the open enrollment period if eligible for a "Special Enrollment Period" (e.g.

change in family status (e.g., marriage, birth or adoption of a child), loss of offer of affordable employer-sponsored coverage). And if you enroll, you can still have health insurance paid for you through the Tribally-Sponsored Health Insurance Program.

Does this affect my current Alaska Native health benefits?

No. You still get all services at Indian Health Service and Tribal hospitals and health clinics throughout Alaska and the United States. We want you to keep using our hospitals and health clinics wherever and whenever possible!

How and when do I sign up?

Contact your local or regional Tribal health organization. ANTHC's ACA website lists participating Alaska Native hospitals and Tribal health clinics – find it at www.anthc.org/aca, under "Resources" and "Tribally-Sponsored Health Insurance." You can contact their Family Health Resources offices to see if you are eligible. You can also call ANTHC at (907) 729-7777 or (855) 882-6842 or email sponsorship@anthc.org.

Free postpartum education book now given to new moms at ANMC

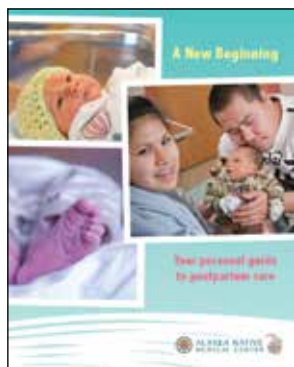
BY DARBI DALEY

Recently, ANMC's Mother/Baby Unit (MBU) began offering a free postpartum education book for customer-owners. The 48-page book, "A New Beginning: Your personal guide to postpartum care," is a comprehensive resource available for new mothers and their families. The book covers everything from breastfeeding, tips for caring for your newborn, tips for new fathers, helpful pictures, and more.

ANMC MBU nurses Dawn Geest, Whitney Summers and Donna Marsteller formed a committee and made their hopes of providing new mothers with this great resource a reality.

"I have received a lot of positive feedback on the books," said Summers. "For me personally, it has opened up a better dialogue and interaction between the patient and myself, as they are inspired to ask more in-depth questions about postpartum care."

ANTHC's Healthy Alaska Natives Foundation provided half of the funding for the first order of 1,700 books, which will be



distributed to all of our new mothers during the next year. So far, the books have been very well-received, as our new mothers are happy to have all of the important things they need to know about postpartum care in one easy-to-read book.

"Both nurses and patients have expressed to me how much they love the book," said Geest. "Our

new moms really appreciate having this helpful resource to take home with them."

ANTHC's Marketing and Communications team also played a key

role in developing these books. They designed the front and back covers to include photos of our customer-owners and their new babies, making it feel more customized for our unique patient population. They also added a list of important contact information on the front inside cover of the books, so new mothers have easy access to key phone numbers.



PHOTO BY TODD HENRY / ANTHC

ANMC RN Whitney Summers shares ANMC's "A New Beginning: Your personal guide to postpartum care" guide with Blanche Okbaok and her infant son. The book is given free to new mothers and families at ANMC.

The Affordable Care Act and YOU!

Confused by the Affordable Care Act?

Having trouble filling out your Indian Status Exemption application?

Have more questions?

ANTHC has the answers!

Learn more at www.anthc.org/aca, healthreform@anthc.org and (907) 727-7777.

Hard hats and healthy communities

STORY BY JOSH NIVA

GRAPHICS BY TODD HENRY

ANTHC staff and community partners lead construction projects year-round across Alaska – we build the infrastructure that improves access to care, clean water and sanitation services, and make existing infrastructure more modern and efficient. The work may vary, but the ultimate result is healthier communities and healthier Alaska Native people.

When ANTHC's Environmental Health and Engineering Construction teams wrapped up the end of a busy and wide-ranging 2013 construction season, they were already deep into planning and even beginning its 2014 construction season around rural Alaska. This work provides new and upgraded water, sanitation and energy solutions in dozens of rural communities and for thousands of Alaska Native people.

“Our focus is and will always be cost savings on the projects by being as efficient as we can.”

–Mark Landon,

ANTHC's Director of Construction

ANTHC'S 2013 CONSTRUCTION efforts included ...

41 projects in 35 communities

as well as **nearly 20 additional construction work requests** across Alaska

Continued construction on **two new health clinics** in Tyonek and Venetie



New!

Completed four new water treatment plants in Scammon Bay, Kwethluk, Kasaan and Gulkana

Started or continued construction on four new water treatment facilities in Stebbins, Golovin, Toksook Bay and Old Kasigluk



Three water treatment plant upgrade projects in White Mountain, Selawik and Noatak

Two new storage tanks, approximately 700,000 gallons of water storage capacity each, in Stebbins and Toksook Bay



Two energy upgrade projects and one waste heat recovery project completed

119 homes brought online with water and sewer service in Fort Yukon, Tetlin, Northway, Kasigluk and Kwethluk



36,000 feet of new water and sewer main installed around the state

Supported FEMA/State of Alaska emergency flood recovery efforts in Galena

ANTHC Construction group's Shipping and Receiving team **shipped 8,518 pieces of materials and equipment weighing nearly 1.6 million pounds to 90 communities.** The team also coordinated the shipment of more than **4 million pounds** of additional materials and equipment from vendors

95 percent of local hire were Alaska Native people



ANTHC Materials Management staff Ramsey Makisi, Frederick Edelen and Gary Pennington.

PHOTO BY TODD HENRY / ANTHC

ANTHC'S 2014 CONSTRUCTION efforts will include ...

38 scheduled projects in 33 communities

and **20 energy efficiency projects in 19 communities** across Alaska

Piped water and sewer projects in Kake, Lower Kalskag, Kwethluk, Akutan, Chignik Lake, Golovin, Hydaburg, Shungnak and Toksook Bay

Beginning work on a new health clinic in Koyukuk, **continued work on a new health clinic** in Tyonek

A new dam replacement project in Ouzinkie, partnering with State of Alaska

Water treatment plant work scheduled in Ahkiok, Klawock, Toksook Bay, Golovin and Old Kasigluk

Water storage tank project in Hughes and on the island of Diomede

Ongoing emergency response supporting Galena and Kotlik



“A New Story” in the fight against colorectal cancer

ANTHC releases sequel to award-winning, health-improving film

BY ESTELLA CLAYMORE

Family, love and helping each other stay healthy are all themes in the new colorectal cancer awareness film, “A New Story.” This telenovela-style movie was produced by ANTHC’s Community Health Aide Cancer Education Program in collaboration with many Alaska partners. “A New Story” is the sequel to ANTHC’s award-winning 2011 film “What’s the Big Deal?” which explored how to make difficult conversations about colorectal cancer easier among Alaska Native people. The new film follows Hazel, a character in her 50s who is diagnosed with colorectal cancer. Viewers travel with Hazel and her supportive family and friends through diagnosis, surgery and recovery.

Harriet Cutshall plays Hazel, who is supported through her diagnosis by her niece Rita (played by Harlyn Andrew), sister Beverly (Jacqueline Morris), and brother-in-law Isaac (Joe Frank). For this Alaska Native cast, participating in a film promoting the significance of colon exams touched each of them in a personal way. In fact, they are now all advocates, onscreen and in real life.

“It was important for me to be in this film because my mother had colon cancer,” said Cutshall. “I tell people that they need to get their colons checked because in our family there is colon cancer and breast cancer, and it’s important to get checked because you never know.”

Cancer remains the leading cause of death among Alaska Native people, with colorectal cancer being the second-leading cause of cancer related deaths among Alaska Native people. If found and treated early, colorectal cancer has a 90 percent five-year survival rate. A colonoscopy procedure can prevent colorectal cancer by finding and removing polyps, abnormal growths inside the colon or rectum, before they turn into cancer. This is why Alaska Native men and women age 40 and older are encouraged to have screenings.

“We gave the movie to our families and one of them said ‘I got my colon screening because of



Actors, from left, Joe Frank, Harlyn Andrew, Jacqueline Morris and Harriet Cutshall perform a scene in the ANTHC-produced colorectal cancer screening education film, “A New Story.”

Online

“A New Story” can be viewed online on the ANTHCtoday and ANTHCepicenter channels at youtube.com. For more information or to request copies of “A New Story” and “What’s the Big Deal?” on DVD, please contact Melany Cueva, ANTHC Community Health Aide Program Education Consultant, at (907) 729-2441 or mcueva@anthc.org. To view these movies and to learn more about other cancer education materials visit akchap.org.

you,” said Morris. “We joke about it, but cancer runs in our family and it was important for me to get this message out there.”

Morris, Frank and Andrew all appeared in “What’s the Big Deal?”, the first film that ended with the main characters, a husband and wife, getting colon exams together. “A New Story” continues this journey, showing what it is like going through a diagnosis and following steps. Hazel meets Jake, a patient navigator at her clinic. He is played by Jake Martus, an actual patient navigator with ANTHC’s Alaska Native EpiCenter and Colorectal Cancer Screening Clinic.

“The film was good at showing what I do in my job,” said Martus. “When a colorectal cancer patient is newly diagnosed, I get their permission to contact their first degree relatives, meaning parents, siblings, and biological children, so they can come in and get screened, too. Cancer can sometimes run in families, so they are a higher risk category and a colonoscopy procedure can sometimes save their lives.”

In the film, Hazel visits Dinah,



Harriet Cutshall, left, and Jacqueline Morris play two key roles in the ANTHC-produced colorectal cancer screening education film, “A New Story.”

who teaches a fitness class and also went through surgery to have cancerous polyps removed. She helps Hazel realize that having the surgery means a longer, healthier life, and it encourages Hazel to decide to get surgery. After recovering with the support of her family and Dinah, Hazel is healthy and later seen sharing her story with people at a health fair.

“The film is really good at showing how supportive the family is of each other and what it’s really like going through all of this,” said Andrew.

Early colorectal cancer can have no symptoms. That’s why screening even when you are feeling healthy. Frank added: “Wherever I go I try to share this message with people. Don’t wait to get a colonoscopy. A lot of Native people have colon cancer and sometimes they don’t know it until it’s too late.”

Online

Alaska Native people who are 40 years old and older or who have a family history of colorectal cancer are encouraged to talk with their providers or local Tribal health organization about getting colorectal cancer screenings. You can also call the Alaska Native Medical Center Colorectal Cancer Screening Patient Navigators at (907) 729-4444 for more information.

Suicide prevention training, outreach continues across Alaska

BY ESTELLA CLAYMORE

The subject of suicide remains sensitive and urgent as it continues devastating communities and families around Alaska. That is why ANTHC works in so many ways to provide suicide prevention training and support. In recent months, ANTHC has helped host the biennial Statewide Suicide Prevention Summit in Anchorage, shared suicide prevention awareness with high school students, and provided suicide intervention training for Alaska police and fire chaplains.

ANTHC's Barbara Franks, Suicide Prevention Program Associate, partnered with ANTHC's Hillary Strayer, Injury Prevention Program Senior Specialist, to provide certification in safeTALK and Applied Suicide Intervention Skills Training. ANTHC has trained more than 45 clergy members in suicide intervention training, including 18 ministry members of Alaska's Police and Fire Chaplains and Rt. Rev. Mark Lattime, Bishop of the Episcopal Diocese of Alaska.

"I left the training program committed to a vision of having safeTALK training provided



PHOTO BY BARBARA FRANKS

Alaska police and fire chaplains are joined by ANTHC staff after a recent safeTALK suicide intervention training.

in every community where the Episcopal Church is present," said Lattime. "I am convinced that this program will help our communities remove the barriers and taboos that prevent us from talking about suicide. More importantly, it will help our communities to listen effectively and keep people safe when suicide is spoken."

Franks also had the opportunity to share ANTHC's suicide prevention work with high school students. Franks and Sarana Schell from the Alaska State Department of Health and Social Services were invited to give a suicide prevention presentation to a class of 30 ninth-grade students in Anchorage. Franks shared with the class a personal story about suicide's

impact in her life and distributed ANTHC-produced "Tell Your Heart Story" promotional items – posters, journals and business cards – with the Alaska Careline's contact information. A teacher shared with Franks how grateful she was for the presentation and how valuable her message was to students who remember the suicide and funeral of one of their classmates last year.

ANTHC, many partners and more than 70 people representing six regions attended the third biennial Statewide Suicide Prevention Summit in Anchorage. The summit convenes a broad group of Alaskans representing regions and communities to coordinate, collaborate and communicate about the 2012-2017 state suicide

Online

For more information about ANTHC's Suicide Prevention Programs and trainings, contact Barbara Franks at (907) 729-3751 or email bjfranks@anthc.org. For more information on ANTHC's Injury Prevention Program, contact Hillary Strayer at (907) 729-3513 or hdstrayer@anthc.org.

prevention plan – Casting the Net Upstream: Promoting Wellness to Prevent Suicide in Alaska. Franks also attended the summit as a member of the Statewide Suicide Prevention Council, presented an overview of suicide prevention training opportunities in Alaska and gave the summit's first-day closing remarks.



Max Goggin-Kehm

ANTHC engineer earns national honor

BY JOSH NIVA

Max Goggin-Kehm says that for as long as he can remember, he has always enjoyed putting things together and figuring out how things worked. That curiosity led him to become an engineer with innovative ideas, non-stop energy and a passion for his work.

An Associate Engineer at ANTHC, Lieutenant Goggin-Kehm was recently named the Ian K. Burgess Young Public Health Service Commissioned Corps Engineer of the Year. The award recognizes U.S.

Public Health Service (USPHS) engineer officers that have demonstrated exemplary work that supports the mission of the USPHS. Goggin-Kehm's work embodies the missions of USPHS and the Indian Health Service,

SEE NATIONAL HONOR, PAGE 7 >



ANMC Shuttle Let us do the driving!

A fleet of ANMC Shuttles are available to help patients and families get to and from ANMC and a handful of other important Anchorage destinations, including the Ted Stevens International Airport. We are also adding two larger, wheelchair accessible buses for our customer owners.

Let us drive! Find our ANMC Shuttle schedule and information about traveling to ANMC at www.anmc.org/travel. For more information, call us toll free at (855) 482-4382 or in Anchorage at 563-ANMC (2662).

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Read copies of **Hot Topics in Alaska Native Health** and **We Are Getting Healthier** at www.anthc.org/news

ANTHC supports tobacco-free lifestyles for all Alaskans

BY ESTELLA CLAYMORE

Alaska Native people smoke tobacco at twice the rate of non-Natives in Alaska and use smokeless tobacco at four times the rate of non-Natives in Alaska. This is one of the many reasons ANTHC supports tobacco-free lifestyles for its employees, customer-owners and all Alaskans.

ANTHC's Tobacco Prevention and Control Program provides cessation services for customer-owners and ANTHC staff. These services include educating participants about the negative health risks of using tobacco, assisting them with a tobacco quit plan, and discussing pharmacotherapy options for quitting.

In January, ANTHC's Board of Directors signed a resolution to support tobacco-free environments in all of Alaska's workplaces. The resolution came as the nation celebrated the 50th anniversary of the first Surgeon General's Report on Smoking and Health, a report that linked tobacco use to causing cancer. The resolution also arrived before the announcement that CVS/pharmacy stores will no longer sell cigarettes and other tobacco products, which made major news nationally.

"ANTHC is committed to providing the highest health services on a consistent basis so Alaska Native people can be proud and feel empowered to make healthy choices to keep families and communities strong," said



ANTHC's Tobacco Prevention and Control Program staff include, from left, Caroline Nevak, Tobacco Free Campus Coordinator, Sadie White, Tobacco Cessation Counselor, Crystal Meade, Tobacco Cessation Clinical Coordinator, and Karen Doster, Tobacco Program Manager.

PHOTO BY TODD HENRY / ANTHC

ANTHC's Karen Doster, Tobacco Prevention and Control Program Manager. "By supporting smoke-free workplaces in Alaska, the ANTHC Board of Directors further demonstrates their commitment to protect Alaska Native people and provide healthy environments."

In addition, the tobacco-free campus policy expanded recently when the Alaska Native Medical Center's Joint Operating Board added e-cigarettes to the ban.

"E-cigarettes are re-normalizing cigarette use and provide a new pathway to nicotine addiction for our tobacco-free young people," explained Dr.

Online

For more information about ANTHC's Tobacco Prevention and Control Program or to sign up for cessation services, call the Tobacco Information Line at (907) 729-4343 or contact Karen Doster at (907) 729-2440 or kldoster@anthc.org. You can also learn more at

anthc.org/chs/wp/tobacco

Jay Butler, ANTHC's Community Health Senior Director. "While e-cigarettes may have a role in harm reduction, we already have evidence-based and licensed nicotine replacement options available when on campus."

NATIONAL HONOR, FROM PAGE 6 ▶

and the vision of our Consortium.

A one-time Peace Corps volunteer in Honduras, Goggin-Kehm is originally from Wisconsin. He moved to Alaska to work for ANTHC five years ago and splits his time between the office and the field, where he sees his ideas come to life.

"A lot of the engineers sit behind a desk and do a lot of work on computers – it's a necessity of the job," he said. "But really getting out to the communities and working with the operators is by far the most rewarding part of the job. It's cool to see the final product come together and see the impact of the jobs you worked on for a long time."

Goggin-Kehm is known for his energy upgrade efforts and for work on water and sewer systems across rural Alaska that make infrastructure more efficient, save communities money, and improve the health of Alaska Native people.

"Max is a phenomenal engineer and a really caring person, and those things have come together to help our communities," explained John Nichols, ANTHC's Alaska Rural Utility Collaborative Manager. "Max's heart is in whatever he does. He takes his design experience and his hands-on experience to make some really excellent designs and follows through to see what works and what doesn't work."

Goggin-Kehm added, "It's pretty cool to have the knowledge that I can make a direct impact on people's lives. We have a monumental task we are trying to accomplish with our work at ANTHC, but we are being successful in preventing diseases, keeping people out of the hospital and providing a good healthy basis for communities to grow."

The health of my people starts with me

—Bear, Supervisor of Patient Accounts
Alaska Native Tribal Health Consortium
Menominee Indian Tribe, from Wisconsin

Connect with your culture and excel at your career at ANTHC, where there are hundreds of diverse jobs that all help provide the best health care to 143,000 Alaska Native and American Indian people around our state.

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ANMC at 60

Family Caring for Family

THE ROEHL FAMILY

More than a dozen extended Roehl family members work in the Alaska Tribal Health System and on the Alaska Native Health Campus, a few with careers dating back to the old ANMC hospital.

Six Roehl siblings represent the core of the family's longtime presence on campus. Brothers Mark and Carl Roehl are members of ANTHC's Facilities team; sister Ileen Sylvester is Southcentral Foundation's Vice President of Executive and Tribal Services; brother Robert Roehl is a supervisor in SCF's RAISE Program; sister Naomi Miller is an SCF Finance Manager; and brother Charles Roehl is a former ANTHC electrician who occasionally works as an ANMC contractor. Their cousin, Henry Roehl, is an ANMC patient services assistant. They have children, cousins, nephews and nieces who also work in various roles for ANTHC and SCF.

Earlier generations of Roehls were also passionate advocates for Alaska Native health care. The siblings' aunt Sophie (Roehl) Chase was a founding SCF board member whose leadership helped guide the transition from the old ANMC hospital to our modern ANMC facilities, services and campus. Today, Sophie Chase's granddaughter, Jodie Pike, works as an administrative support staff member at SCF.

"There's a great sense of pride for me, and for all of us, that we have so many family members working on our campus," explained Mark Roehl, ANTHC's Supervisor of Facilities. "We don't personally work together very often, but we've been taught well and we all work hard to be very good at our jobs."



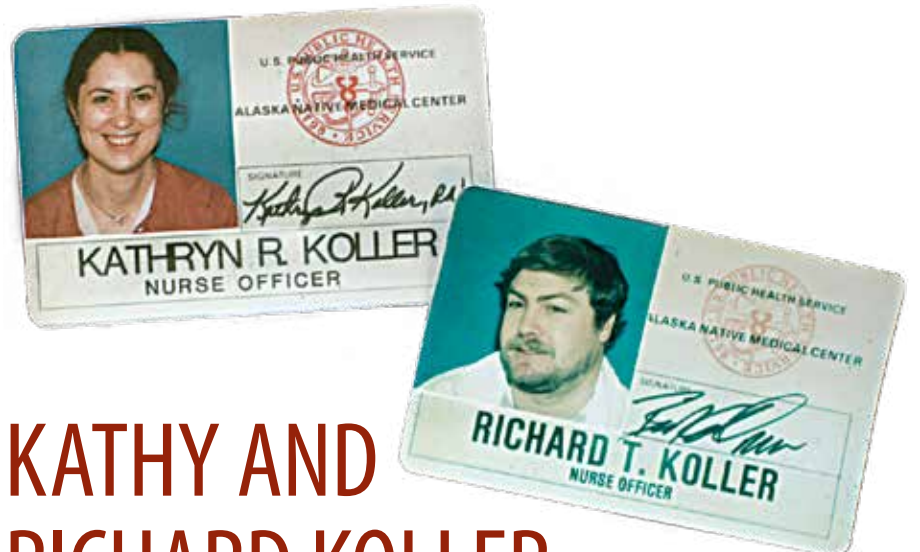
PHOTO BY TODD HENRY / ANTHC

More than a dozen extended Roehl family members work in various roles on the Alaska Native Health Campus. Pictured, from left, are Carl Roehl, Mark Roehl, Esther Roehl, Ileen Sylvester, Robert Roehl and Jodie Pike.



PHOTO BY TODD HENRY / ANTHC

Richard Koller, left, and Kathy Koller



KATHY AND RICHARD KOLLER

The Kollers moved to Alaska and joined the original Alaska Native Medical Center in 1982 as Commissioned Corps clinical nurses. Since, both have retired from the Commissioned Corps and briefly taken time away from ANMC and ANTHC, but today they both work with ANTHC's Community Health Services team – Kathy is an Epidemiologist and Research Nurse Supervisor with the Clinical and Research Services, Richard is a Research Nurse Specialist with the Liver & Hepatitis Program.

"Over 30 years, I've seen this system grow to meet so many needs; today, the focus is on prevention and resilience to reduce these needs," explained Kathy. "Alaska Native people are building their health system. I can't imagine any other system that has its stakeholders guide its care and create its vision. I believe the vision is reachable and our Tribal leaders believe it can happen, as well. This is very powerful."

"I brag all the time about our time here and the impact we've helped make," added Richard. "It has been a real privilege to be part of it."

The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage ANMC under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

ANMC at 60

THE MADROS FAMILY

It is no surprise that so many Madros family members work in the Alaska Tribal Health System and at ANMC. The family's matriarch, Anna Madros, was a Community Health Aide for more than 25 years in Kaltag and cared for the people of the region. Today, five of Anna's lineage work at ANMC – her son, George, is a 20-year facilities member who started working at the old ANMC hospital; her daughter, Darlene Lord, worked as a nurse for 20 years around Alaska and recently joined ANTHC as an Employee Health Manager; her granddaughter, Josephine Ambridge, has worked in many roles at ANMC since 2006 and is now in Hospital Education; and her great granddaughters, Alexandra and Brittany Ambridge, are medical clerks in ANMC's Emergency Department. George's wife, Ramona, also worked at the old ANMC hospital in the Medical Records department.

"Our family has always been helpers – our mom and dad taught us to always be there for your community," explained George Madros.

Josephine added, "We feel comfortable here, and we all know that we are helping our people in our own ways."



PHOTO BY **TODD HENRY** / ANTHC

From left, Alexandra Ambridge, Darlene Lord, George Madros, Josephine Ambridge and Brittany Ambridge



PHOTO BY **JOSH NIVA** / ANTHC

Jim Singleton, left, and Ros Singleton

JIM AND ROS SINGLETON

A pair of Californians who met in medical school in Illinois, Jim and Ros married and then began their careers in the Indian Health Service in Chinle, Arizona, shortly after graduating – Ros as a pediatric provider, Jim as a pediatric dentist. Their careers led them to Alaska in 1988 when Jim landed a job at the old ANMC hospital as a pediatric dentist; 25 years later, he remains in that role with SCF. When Ros couldn't find an opening in pediatrics at ANMC, she accepted a position with the Alaska Area Native Health Service to assist on a project led by longtime ANMC physician Jim Berner. Her work helped fight Hib meningitis in the Yukon-Kuskokwim area. Today, she is the Director of ANTHC's Immunization Program, a key member of a statewide system that fights infectious diseases, and a nationally respected leader in her field.

"The most rewarding part of my work is the opportunity to work with others in our organization and so many other organizations across Alaska to improve care for Alaska Native people," said Ros. "I work with some incredible people here and in rural Alaska."

"It has been very satisfying working with people who are so passionate in delivering care and always putting the focus on the customer-owner," said Jim. "The most exciting part of my experience has been seeing kids we've treated grow up, have their own families, and for us to be able to take care of their kids. And some of those young Alaska Native kids are now adults who are working in our clinic."



PHOTO BY **TODD HENRY** / ANTHC

ANMC's Cheryl Atkins, and her mother (right), former ANMC hospital employee Janet Foss. Foss photo courtesy of Cheryl Atkins.

CHERYL ATKINS AND JANET FOSS

Cheryl (Foss) Atkins says that she feels deeply connected to the place she works, her fellow ANMC staff, and the Alaska Native people she cares for. She was born in the old ANMC hospital, where her mom, Janet Foss, was a popular longtime employee.

Foss started at ANMC as a federal employee in 1975 and worked in many departments of the old hospital – the mailroom, information desk and chart room. She occasionally even brought young Cheryl and her brother Bill to work with her.

"My mom was outgoing – she knew everybody," said Atkins.



"And she loved to show me and my brother off. And oh gosh – when she worked the front desk, she would bring me in as a child and I'd entertain myself or they would find something for me to do."

Foss made the transition to the new ANMC and ultimately

retired in 2001. She passed away in 2003, but Atkins proudly continues her mother's legacy of being a positive presence in the hospital and helping care for her Alaska Native people. Atkins has worked in ANMC in many roles, as well, since 1999. She has been an ANTHC direct hire employee since 2003 and is currently an Obstetrics Technician in ANMC's Labor & Delivery Unit. She had both of her children at the new ANMC hospital.

"I like being able to help our Native community and I wouldn't work at any other hospital," said Atkins. "And I'll work here until I retire, as well."

ANMC at 60

THE FLESHMAN AND GOVE FAMILIES

Carolyn (Fleshman) Gove was a young child when she moved to Anchorage with her parents, Ken and Ann Fleshman, in 1965. Her father was the new Chief of Pediatrics at the Alaska Native Medical Center. Her mom was not a health care professional, but helped the hospital's young patients in a different way.

In those days, ANMC hospital cared for many tuberculosis patients, including children, who often stayed in the hospital for months. Ann used her background in early childhood development to create a hospital preschool for inpatient children ages 2-5. It was open two days a week and run by volunteer teachers and childhood development professionals. The preschool's success led to a kindergarten and tutoring opportunities for older youth.

"The young children had a chance to work on their language and social skills ... some had never used a fresh paintbrush before, so they also had a lot of fun," explained Ann. "The volunteers and nurses were also so enthusiastic. We got as much out of it as the children did."

Carolyn remembers growing up around the old ANMC hospital, including completing a high school internship in the Hospital Education department. Her father worked 15 years at ANMC and retired in 1980; he now lives in Arizona. About a year ago, Carolyn joined ANTHC as a member of Community Health's Office of Performance Improvement team.

"In our early family life, my dad would travel to villages and I used to beg to go with him," said Carolyn, who eventually traveled the state in her community development career. "Now, I enjoy seeing my dad's old colleagues (on campus) and



PHOTO BY TODD HENRY / ANTHC

From left, Carolyn Gove, Jim Gove and Ann Fleshman. Below, the family photos from the past are Ann Fleshman, left, and Dr. Ken Fleshman. Photos below courtesy of the Gove/Fleshman families.

it's been exciting seeing the partnerships grow between Tribal organizations and others around the state."

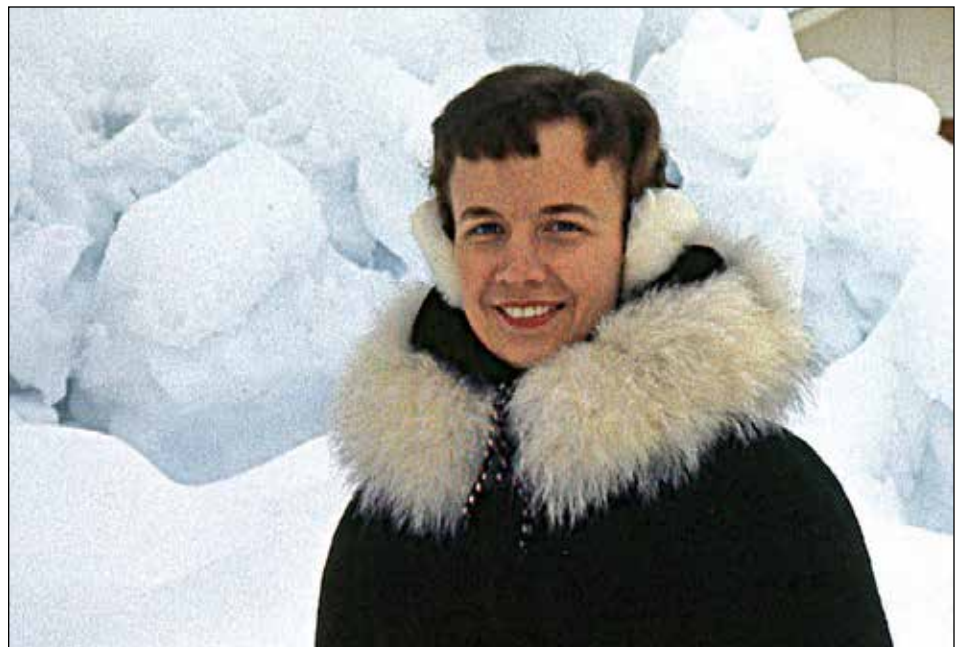
Carolyn is married to longtime ANTHC employee Jim Gove, a Research Nurse with the Hepatitis Program. His career dates back to the old ANMC hospital, where he started as a Centers for Disease Control volunteer in 1995. Jim eventually became an Indian Health

Service employee with ANTHC in 2003 and has witnessed significant change and improved health for Alaska Native people.

"It has been quite a journey seeing ANTHC evolve to where it is today – it's incredible," explained Jim. "And it's been very special to be part of the legacy of the Fleshman family and to hear all of their stories."



Dr. Ken Fleshman



Ann Fleshman

The Marketing and Communications teams of ANTHC and Southcentral Foundation are collaborating on celebrating ANMC's 60th anniversary over the next year, with events, communications and more. If you have a unique family connection to the old hospital or have an interesting story to tell about the hospital's history, please contact Josh Niva, ANTHC Manager of Corporate Communications, at (907) 729-1899 or jjniva@anthc.org.

ANMC at 60

When it comes to earthquakes, the old hospital survived

When it opened on November 29, 1953, the Anchorage Medical Center of the Alaska Native Service was the largest civilian building in Alaska. The hospital experienced a great deal of change in its first 11 years in downtown Anchorage, but few things altered the facility more dramatically than the 9.2-magnitude earthquake that hit Alaska on Good Friday of 1964.

The earthquake caused a handful of deaths around the state and significant damage around Anchorage, particularly to downtown buildings and infrastructure. There were also large and small landslides around the Anchorage bowl. Then known as the Alaska Native Hospital Anchorage, the building sustained serious damage, particularly in its concrete support beams. And it narrowly avoided a deadly disaster – the hospital's north wing missed a landslide by a few hundred feet.

Following the earthquake, the general cleanup, plastering and painting was completed within a few months, but it took two full years to complete all of the structural repairs to the damage caused by the earthquake. That



The original Anchorage Medical Center of the Alaska Native Service narrowly avoided a landslide and catastrophe during the Good Friday Earthquake of 1964.

work mostly consisted of placing steel plates over damaged concrete to stabilize the structure.

– *Stories and interviews by ANTHC's Josh Niva; ANMC historical information taken from "Alaska Native Medical Center: A History, 1953-1983."*

When it comes to earthquakes, the new hospital will thrive

Today, the Alaska Native Medical Center hospital is one of the safest places in Anchorage to be in the event of a large earthquake or natural disaster. According to Robert Wilson, ANTHC's longtime Director of Facilities Services, the hospital was designed to withstand a 9.5-magnitude seismic event and was intentionally built in the UMED area, which is one of the safest seismic locations in the Anchorage bowl.

In addition to being a safe haven during an earthquake, the ANMC hospital is also equipped for survival in the days following a catastrophic event. Onsite are:

- 100,000 gallons of potable water storage, including 40,000 gallons reserved for fire emergency
- Three 1,250-kilowatt emergency electrical generators for power
- 50,000 gallons of diesel fuel to be used in the event that natural gas

or grid power is no longer available

- One 3,000-gallon primary, and one 300-gallon reserve, cryogenic (liquid) oxygen tanks
- Three high-pressure steam boilers, dual-fuel fired to use natural gas or diesel fuel
- One 5,000-gallon sanitary sewage holding tank to be used if gravity flow is lost on existing sewage lines

That's enough reserve essentials to keep ANMC running for up to five days in the summer and up to 3.9 days at 20 below.

"So, the bottom line is given the structural design, as well as these other on-site emergency capabilities, ANMC in my mind is the place to be," said Wilson. "Not to mention that we have a great staff that is really well-trained and will have high confidence if a situation were to occur."



PHOTO BY TODD HENRY / ANTHC
Supervisor of Facilities Mark Roehl, left, and Director of Facilities Services Robert Wilson show off the backup generator room in the basement of the ANMC hospital.

Around ANMC

ANMC Patient Housing project continues gaining momentum

ANTHC continues making progress on the ANMC Patient Housing project, which will improve access to care and services at the Alaska Native Medical Center (ANMC) for our people, as well as provide appropriate travel housing and support while they receive care and recover. More than half of ANMC's patients travel to Anchorage for care and services, and providing suitable housing for guests has been a struggle at times. The 170-room ANMC Patient Housing facility plus pre-maternal home will alleviate many of those problems, allowing easy access to ANMC via sky-bridge and providing a home-away-from-home environment.

In December, President Barack Obama signed into law H.R. 623, The Alaska Native Tribal Health Consortium Land Transfer Act. The bill directed the Indian Health Service to transfer a 2.79-acre parcel of federal land to ANTHC. That land parcel is located on the Alaska Native Health Campus and will be the site of the ANMC Patient Housing facility. Accompanying the new housing facility will be a new parking garage structure. ANTHC broke ground on the parking garage in early April. The construction will not impact customer-owners and visitors to ANMC and our campus.

The ANMC Patient Housing project now has tentative groundbreaking and completion dates. Groundbreaking is expected for May 2015 with construction completed by spring or early summer 2016. Currently, the project is in the 35 percent design phase. The design group is giving extra consideration to the building's reception and care coordination areas, as well as the Maternal and Family floor. Project leaders are also meeting with staff, stakeholders and other organizations to learn more about how ANMC can offer the best operations and services at this unique facility.

Two special new shuttles added to the ANMC fleet

More than half of our Tribal members that use the ANMC



A rendering of the new ANMC Patient Housing facility, which will provide a home-away-from-home environment for patients traveling to Anchorage for care.

hospital come from outside of Anchorage, so ANMC staff work to make sure our customer-owners' travel experiences are as relaxed as possible. One way we help ease the stress of travel is by providing free shuttle services for our customer-owners to and from ANMC, the Ted Stevens International Airport, and other important locations around Anchorage. The popular service is expanding as ANTHC adds two new, larger shuttles to our existing fleet.

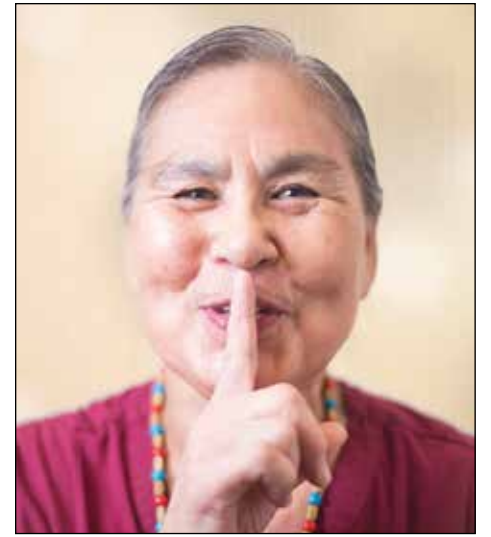
The new, larger shuttles will add more room and comfort for those riding. They will seat up to 16 riders or 14 riders and two wheelchairs. Since the new shuttles are larger than our existing van fleet, the drivers will have to carry commercial driver's licenses. The first of the new shuttles will begin running its routes by the end of April; the second shuttle is expected to begin running this summer.

Learn more about the ANMC shuttles, its schedules and other travel information by calling the ANMC Travel Office at (907) 729-2424 or visiting

anmc.org/travel

Campaign aims to make ANMC hospital a quieter healing place for patients

ANMC is constantly looking for new ways to improve the customer experience and the healing environment at the ANMC hospital. Recently, the hospital implemented a campaign to bring awareness to noise levels created by staff, visitors and even patients on the inpatient floors. The hospital is intended to be a quiet place for patients to heal;



"Hospital noise impacts patient recovery, and we want our hospital to be quiet and calm so our patients and customer-owners can heal as quickly as possible," said Pattison.

Studies have shown that continuous noise around patients can cause increased blood pressure and heart rate, higher respiratory rate, lack of sleep and additional stress. Some steps Customer Relations staff are taking to reduce noise are ensuring housekeeping staff vacuum and clean inpatient floors at appropriate times; creating calming white noise on the inpatient floors; rounding at the bedside with patients to make sure the area is quiet enough; and having designated periods of quiet time, which includes dimming lights on the inpatient floors.

The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage ANMC under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

Online

Learn more about the Alaska Native Medical Center at

anmc.org

however, that can be difficult in a noisy environment.

Michelle Pattison, Senior Program Manager for ANMC Customer Relations, is working with ANMC inpatient unit managers and Customer Relations staff to decrease the noise levels on inpatient floors. Pattison also partnered with ANTHC's Marketing and Communications team to create posters that have a photo of an Alaska Native Elder encouraging staff to keep noise levels low.



Part of ANMC's improved customer service work includes more communication with patients about their experience. Here, ANMC Customer Experience Specialist Karlene Chaliak rounds with a patient.

PHOTO BY BRIAN ADAMS

Gift donations, partnership brighten the holidays for Alaska Native Elders

BY ESTELLA CLAYMORE

For Alaska Native Elders and those with disabilities living in nursing and assisted living homes in Anchorage, the holidays are often spent away from family, friends and loved ones. Thanks to a partnership between the Alaska Native Tribal Health Consortium (ANTHC) Elder Outreach Program and the Southcentral Foundation (SCF) Waiver Care Coordination Program, along with the generosity of ANTHC and SCF staff, 150 Alaska Native Elders and disabled people received gifts this past holiday season.

ANTHC's Elder Outreach Program staff and SCF's Care Coordinators created the Adopt An Elder program. The group selected Alaska Native Elders and disabled people residing in nursing or assisted living facilities and asked them what they would like for Christmas. That information, along with the client's age and gender, was put on paper ornaments and made available to ANTHC and SCF employees to select for adoption in November. After the gifts were collected, two truckloads of presents were delivered to SCF Waiver Care Coordination for their clients.

"Our goal is to provide the very best care coordination service to our customer-owners," said Earl Kast, SCF Waiver Care Coordination Program Manager. "The Adopt An Elder program is such a great way for us to build lasting relationships and bring joy to someone during the holiday season. We look forward to it every year."

This year's presents included items like blankets, art supplies, frozen fish and even ice cream bars. One Elder requested fresh flowers and an employee went out of their way to provide the freshest flowers they could find to be delivered that day.

The gifts were graciously received and the reactions from the recipients were heartwarming. One gentleman said, "I haven't had a present in a long time." Another was excited and said, "I got adopted!" One client who likes to draw was very happy to receive art supplies. "This is just what I needed!" he said. "Thank you."

The partnership between

Online

For information about ANTHC's Elder Outreach Program, please contact Mellisa Heflin at mjheflin@anthc.org or (907) 729-3602. For information about SCF Waiver Care Coordination Program, contact Earl Kast at EKast@SouthcentralFoundation.com or (907) 729-6168.

ANTHC's Elder Outreach Program and SCF's Waiver Care Coordination Program provides Elders with the best possible care and outreach for Elders living in their homes, assisted living facilities or nursing homes.

ANTHC's Elder Outreach Program works to provide care and support for Alaska Native Elders living far from home while also helping connect passionate volunteers with Elders and others residing in two nursing homes in Anchorage and another in Seward. The program hosts luncheons for Elders with traditional foods and cultural activities and engages volunteers to build partnerships, advocate for Elders, and create and distribute care bags.

SCF's Waiver Care Coordination



PHOTO BY ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

Alaska Native Tribal Health Consortium and Southcentral Foundation staff gather the last of the gifts for their Adopt An Elder partnership, which delivered donated gifts to Alaska Native Elders and disabled people living in Anchorage nursing homes during the holidays.

Program provides a link between state services and about 120 Alaska Native and American Indian people in Anchorage who meet nursing home level of care and reside in their homes or in assisted

living facilities. Care coordinators work with customer-owners each month to provide assistance with community services through an approved plan of care and ongoing monitoring of services.

Improved Access, Healthier People

Improving access to health care and services for our Alaska Native people when and where they require it is a driving force behind our work at the Alaska Native Tribal Health Consortium.

This year, Improved Access, Healthier People was the theme of ANTHC's Annual Meeting, as well as our annual report and video.

Learn more about ANTHC's work in 2013 and our work ahead in our new annual report and video at www.anthc.org.

ALASKA NATIVE
TRIBAL HEALTH
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THANK YOU TO OUR SPONSORS FOR THEIR SUPPORT!

These business leaders helped make the 6th Annual Raven's Ball a success:

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

Alaska Native Tribal Health Consortium

INSPIRINGGOODHEALTH.ORG

Helping Alaska Native cancer patients, families and friends

BY ESTELLA CLAYMORE

Approximately 400 Alaska Native adults are diagnosed with cancer each year, with almost 80 percent receiving some of their care at the Alaska Native Medical Center (ANMC). Two-thirds of those cancer patients are from Alaska's rural communities, requiring them to travel away from their families and homes for long periods of time to receive treatment. During these times, ANMC and Alaska Native Tribal Health Consortium (ANTHC) staff and volunteers do their best to provide care, support and comfort.

Since 2004, the ANTHC Cancer Program team, along with other staff and volunteers, has given comfort bags to newly diagnosed cancer patients who visit ANMC's Oncology and Surgery clinics. Each bag includes a cancer care guidebook and items such as a fleece blanket; the Traditional Food Guide for Alaska Native Cancer Survivors; a journal; a hot beverage travel mug; water bottle; dental kit; thermometer; and travel-size toiletry items. The cancer care guidebook helps patients organize their cancer care information in one place – it has sections for patients to write questions and track their appointments. There is also information about treatments, traditional wisdom and cancer resources.

Around 300 comfort bags are assembled every 18 to 24 months over a two-day period by volunteers and staff. The project is supported by funding from ANTHC's Healthy Alaska Natives Foundation (HANF), ANMC Auxiliary and the ANTHC Cancer Program.

"We do our best to make sure the needs of our patients are met," said ANTHC's Karen Morgan, Cancer Program Coordinator. "We also work with the Oncology and Surgery clinic staff that nominate a patient and their family for assistance and try to meet each request that comes in."

Another opportunity for ANTHC's Cancer Program, staff and HANF support cancer patients comes each holiday season. Gifts are gathered from staff and given to cancer patients and their families. After patients and families are nominated by clinic staff, the news

is kept a secret until the families receive their gifts, which are delivered either in person or mailed to them if they have returned home. This year, seven families with a total of 15 children were provided gifts and holiday assistance.

"One patient that was staying in the Quyana House was so grateful that someone thought of him that there were tears in his eyes as he accepted his gift," said Morgan. "Another larger family that received a fruit basket was so grateful that the mother started showing the fruit to her children."

To learn more about ANTHC's Cancer Program patient support projects and how you can help, contact Karen Morgan at kmmorgan@anthc.org or (907) 729-4491.

ANTHC receives grant to identify gaps and variances in AHS cancer care

ANTHC's Cancer Program recently received a two-year, \$250,000 grant from the Susan G. Komen Foundation for a quality improvement project to reduce cancer disparities among Alaska Native breast cancer patients. ANTHC's Christine DeCourtney, ANTHC Cancer Planning Program Director, and ANMC Oncology Clinic's Dr. Matthew Olnes said it will be used to map timelines from when someone with suspected cancer enters the Alaska Tribal Health System (ATHS) until treatment begins, and make recommendations for improvement. While the Komen grant focus is on breast cancer, at the request of Dr. Olnes, ANTHC will also identify gaps and variances for lung, colorectal and gastric cancers where possible. These cancers make



PHOTO BY TODD HENRY / ANTHC

ANTHC Cancer Program staff show off some cancer comfort bags, which are filled with important items to help newly diagnosed cancer patients who visit ANMC's Oncology and Surgery clinics. From left are ANTHC Cancer Program staff Judith Muller, Theresa Wells and Karen Morgan.

up a significant amount of cancers diagnosed in Alaska Native people.

Dr. Olnes and DeCourtney said this project will not focus on individual patients, but on patterns of cancer journeys throughout Alaska with key interviews onsite at three regional Tribal health organizations without Centers for Disease Control and Prevention (CDC) Breast and Cervical grants and collaboration with those regions with CDC grants. Key interviews will also be conducted with ANMC departments that provide cancer care at different stages along the cancer continuum. Data from three tumor registries (ANMC, Alaska Native Tumor Registry and the State of Alaska)

will be utilized.

Information tools for providers and patients with cancer will be developed to improve understanding of the cancer journey. These include a booklet titled "Why does it take so long to diagnose cancer?" and "Why is it so hard to treat cancer?"

The impact of cultural, geographic, and other qualitative potential contributors to diagnostic and treatment delays will be incorporated into a final report that will be published and distributed throughout the ATHS.

Learn more about the ANTHC Cancer Program's work and services at anthc.org/chs/crs/cancer

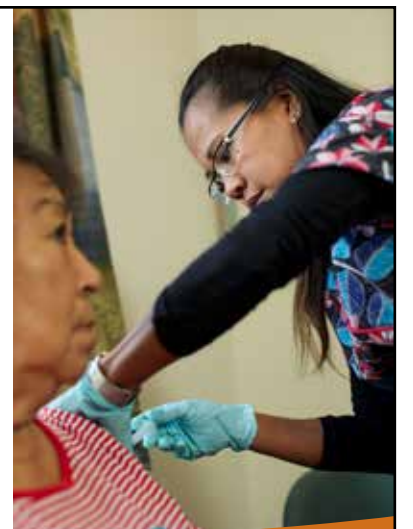
FIGHT THE FLU! For a healthy you and for the health of those around you – get vaccinated today!

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

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



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



Around Alaska: ANTHC Environmental Health and Engineering

Flood response, water and sewer repair work continue in Kotlik

ANTHC staff continue supporting flood response efforts in Kotlik, focusing specifically on returning water and sewer services to as many residents and homes as possible. ANTHC's Environmental Health and Engineering staff have worked with crews of Kotlik water treatment operators, local laborers and visiting water operators from across Alaska who offered their diverse perspectives to the efforts. Those operators are from communities participating in ANTHC's Alaska Rural Utility Collaborative (ARUC) and its water operator exchange program. The operators come from Deering, Savonga, Chevak, Pitkas Point, Ambler, Noorvik and Goodnews Bay.

The work took on an accelerated pace after ANTHC chartered a C-130 to airlift essential materials and equipment to the community. The plane was packed to capacity with machinery like a Bobcat and mini-excavator, as well as pipe, lumber and other materials. Most of the work involves repairing or bypassing a water utilidor that was severely damaged during the devastating flooding that hit the area in November, as well as reconnecting homes with water and sewer services. The efforts also include constructing crossings to help crews work around the damaged utilidor, salvaging materials and even moving snow.

Shortly after the flooding, ARUC and Kotlik personnel installed a watering point at the community's water plant to allow residents living in homes that are not receiving water services to have access to drinking water for hauling. The city also hired a team of temporary workers to haul honey bucket waste to the honey bucket lagoon. Services have been returned to many homes and buildings. However, some of the community's utilidor loops are not salvageable due to an ice block, as well as ice and debris in the area. This means some homes will not receive services until further construction can be completed in the summer and fall.

ANTHC receives grants for future water and sanitation work around rural Alaska

The U.S. Department of Agriculture-Rural Development (USDA-RD) recently awarded 11 grants totaling \$27.7 million through the Rural Alaska Village Grant (RAVG) program to help rural Alaska villages finance water system upgrades and improve the quality of life for residents. ANTHC received more than \$13 million from the RAVG program in six grants to complete a variety of environmental health construction and planning work. Additional dollars are provided by the State of Alaska for



ANTHC PHOTO

In Port Lions, water treatment plant staff and community members are joined by ANTHC's Chairman and President Andy Teuber, ANTHC CEO and Administrator Roald Helgesen and other ANTHC staff at a dedication for former ANTHC Project Manager Kelly Larson.

these projects; the RAVG program provides 75 percent of the funding and the State of Alaska covers the remaining 25 percent.

ANTHC was awarded RAVG construction funding for a water treatment plant and water storage tank in Lower Kalskag; completion of water and sewer facilities in Kwethluk; a new sewage lagoon in Eek that will support a new piped system; and a new water storage tank in Golovin. ANTHC also received \$455,305 from the RAVG program to provide technical assistance and training to help up to 20 rural communities. The State of Alaska Village Safe Water Program was awarded RAVG construction funding for water treatment and storage in Seldovia, water and sewer facilities in Hooper Bay and Quinhagak, and improvements to the systems in Adak.

"For several years the RAVG program has provided the largest share of funding for water and sewer in rural communities," explained David Beveridge, ANTHC's Director of ANTHC's Environmental Health & Engineering Project Management group. "ANTHC appreciates the efforts of the USDA staff in working with us, our funding partners and communities in making these projects happen."

USDA-RD Alaska State Director Jim Nordlund added, "These awards will dramatically improve living conditions for residents of these predominately Native rural Alaska villages. They will enable residents to have safe, modern water and sanitation systems."

Port Lions water treatment plant dedicated to Kelly Larson

In December, ANTHC leaders visited Port Lions, as its residents dedicated their water treatment plant to Kelly Larson, a longtime ANTHC Project Manager. Larson passed away in August 2012, and ever since, his loss has been felt in Port Lions and other nearby Kodiak Island communities in the region.

Port Lions Mayor Steve Andresen opened the dedication with kind words of remembrance for Larson, noting his passion to help the community. ANTHC's Chairman and President Andy Teuber was joined at the dedication

by ANTHC CEO and Administrator Roald Helgesen and Environmental Health and Engineering Director of Project Management David Beveridge. Everyone recalled Larson as someone who always went above and beyond. Water treatment plant operator Don Green read a note from Larson's mother, who indicated how much he enjoyed his work and how meaningful it was to him to bring clean water to rural communities.

Larson was responsible for the completion of the area's new state-of-the-art water treatment plant, new water storage tank, and new community sewage lift station. In addition, he assisted the community in securing funding for a new water transmission main, community septic tanks, house service lines and improvements to the water supply.

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!

Celebrating reading, Dr. Seuss and kids at ANMC

BY ESTELLA CLAYMORE

In March, more than 30 Alaska Native family members and children attended the Alaska Native Medical Center's (ANMC) Auxiliary and ANTHC's Healthy Alaska Natives Foundation (HANF) celebration of Dr. Seuss's birthday. The event was highlighted by book readings from special guest Miss Alaska USA Kendall Bautista, as well as cake, door prizes and party favors.

"I learned how to read on Dr. Seuss books so I'm really glad I got

Online

Learn more about HANF and how you can support its efforts to improve Alaska Native health at

inspiringgoodhealth.org

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

bestbeginningsalaska.org



PHOTOS BY TODD HENRY/ANTHC

Miss Alaska USA Kendall Bautista, left, reads to 4-year-old Kenzie Christensen, right, and others at the ANMC celebration of Dr. Seuss's birthday.

to attend this event," said Bautista. "My advice to young children is to practice reading because once you learn to read your imagination can take you anywhere."

The celebration also marked the renewed partnership between HANF and Best Beginnings Imagination Library. Best Beginnings is a nonprofit organization that uses the statewide network of Imagination Libraries to send one age-appropriate book monthly to each enrolled newborn until they turn 5-years-old. For the third year in a row, HANF donated \$10,000 to Best Beginnings to ensure that every newborn at ANMC would be able to be enrolled. Registration forms for enrollment were available at the celebration.

"Best Beginnings is a great program and the Foundation is thrilled to be able to partner with them again," said Carrie Brown,

HANF Director.

The statewide network of 29 Imagination Libraries is used to distribute books to families in 100 communities. As of February 2014,

40 percent of the estimated 53,996 children in Alaska under 5-years-old are now enrolled in Imagination Library and receiving one book in the mail each month.



Mason Alexander John poses with Miss Alaska USA Kendall Bautista at the ANMC celebration of Dr. Seuss's birthday.



Sisters Emily Tunguing, left, and Danielle Tunguing won door prizes at the ANMC celebration of Dr. Seuss's birthday.



From left, Jillian Ivanoff, Wesley Frankson and Gabriel Frankson listen to a book reading at the ANMC celebration of Dr. Seuss's birthday.