



THE

Mukluk Telegraph

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

JANUARY - MARCH 2014

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ANMC at 60

60 YEARS AFTER THE ORIGINAL Anchorage Medical Center hospital opened in downtown Anchorage, we begin a year of celebration at the Alaska Native Medical Center, around the Alaska Native Health Campus and across the state. This momentous occasion offers us an opportunity to reflect on the hospital's history, celebrate the evolution of care, services and technology that bring better health to our Alaska Native people, and share stories of those who have played roles in this amazing history. **SEE PAGES 8-11 FOR A GLIMPSE OF ANMC'S HISTORY**



STORY BY JOSH NIVA / PHOTO ILLUSTRATION BY TODD HENRY

Men's retreat for cancer survivors informs, heals

BY JOSH NIVA

Despite the proven effectiveness of support groups at reducing depression in cancer patients, men typically do not participate in them. In 2009, ANTHC worked with partners to develop the Men's Retreat for Prostate and Testicular Cancer Survivors to offer this group the needed support and resources with an unconventional approach. This year's retreat hosted 16 Alaska men, including many Alaska Native men, from six communities around

Alaska from September 13-15 at Kenai Riverside Lodge in Cooper Landing. ANTHC partners with the State of Alaska Comprehensive Cancer Control Program to host the retreat.

"It is important for men to find a venue that appeals to them and provides a safe environment," explained Stacy Kelley, ANTHC's Cancer Program Coordinator who has helped plan the event each year. "With the retreat, there

SEE **CANCER RETREAT**, PAGE 2 ►

Pilot program pays for health insurance

Learn about 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 Alaska Native 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 2012 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 |

Where can I get more information?

Contact the Alaska Native Tribal Health Consortium
Call us: (907) 729-7777 or (855) 882-6842
Email us: sponsorship@anthc.org
Online at: anthc.org/aca

How and when do I sign up?

Call ANTHC at (907) 729-7777 or (855) 882-6842. You can also email sponsorship@anthc.org. Soon the ANTHC website (anthc.org) will list participating Alaska Native hospitals and Tribal health clinics. You can contact their Patient Benefits or Alternate Health Resources offices to see if you are eligible and to receive help with enrollment.

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!

CANCER RETREAT, FROM PAGE 1 ▶

is a real draw with the connectivity and fireside chats.”

The retreat targets cancer survivors who do not take advantage of traditional survivorship resources. Some men experience complex and sensitive chronic side effects from treatment of prostate and testicular cancers. The setting gives male cancer survivors the opportunity to connect with one another, share their struggles and successes, and discuss survivorship with cancer experts.

Discussions at the retreat are led by oncologists, urologists (including ANMC's Dr. Kenneth Moore) and other cancer experts who talk

with the men about living with the fear that cancer may return, dealing with the chronic effects of treatment and medications, restoring one's sense of joy in life and sexuality, and physical wellness through exercise, nutrition and more.

One participant said, “The Men's Retreat was very beneficial to me so I could express my concerns as a survivor. A cancer survivor leaves with the impression that he is not alone in his survival after attending the weekend event.”

The retreat's relaxing setting and activities also help everyone bond and communicate. The retreat includes lodging, meals, round-trip transportation from Anchorage,



PHOTO COURTESY OF BILL HUTCHINSON

Cancer survivors from across Alaska gather around a campfire with medical providers to discuss their respective cancer journeys at the 2013 Men's Retreat for Prostate and Testicular Cancer Survivors in Cooper Landing.

and one activity – fly fishing, river rafting or hiking.

Learn more about the Men's Retreat for Prostate and Testicular Cancer Survivors by contacting

Stacy Kelley,
 ANTHC's Cancer Partnership Program Coordinator, at (907) 729-2827 or sfkelley@anthc.org.

THE MUKLUK TELEGRAPH

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

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

How are we doing?

Have a suggestion or a compliment for the Mukluk Telegraph?

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

SUBSCRIPTIONS

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

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

STAFF

Josh Niva — Editor, Communications Manager

Fiona Brosnan — ANTHC Marketing Director

Estella Claymore — Communications Associate

Lindsay Rexford — Marketing Manager

Todd Henry — Multimedia Production Artist

Selma Oskolkoff-Simon — Marketing Coordinator

Darbi Daley — ANMC Hospital Marketing Specialist

Sergei Shirayev — Marketing Media Specialist

CONTACT US

Alaska Native Tribal Health Consortium

Attention: Mukluk Telegraph

4000 Ambassador Drive, Anchorage, Alaska 99508

Phone: (907) 729-1899

E-mail: marketing@anthc.org

Web: anthc.org/news

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

Three ANMC nurses honored with March of Dimes Nurse of the Year awards

Each year, the March of Dimes Alaska Chapter honors Alaska's exemplary registered nurses whose leadership and contributions make a significant impact in their community and in the profession of nursing by giving Nurse of the Year Awards. Alaska Native Tribal Health Consortium (ANTHC) and Southcentral Foundation (SCF) leadership are happy to announce that three nurses from the Alaska Native Medical Center (ANMC) earned Nurse of the Year honors in their respective fields: Sherry Hammock, Britney Andrew, and Tracie Wright.



PHOTO BY TODD HENRY / ANTHC

Three ANMC nurses were recently named March of Dimes Nurse of the Year award winners for their leadership, community service and care. The winners are, from left, Tracie Wright, Britney Andrew and Sherry Hammock.

Sherry Hammock received the Federal/Military Award for demonstrating effective leadership skills and commitment to the mission of the Commissioned Corps as a nurse case manager, pediatric endocrine nurse and pediatric diabetes education professional for the inpatient and outpatient pediatric patients at ANMC. To ensure a continuity of care for her patients, she travels to four rural clinics a year, visits pediatric

speech/language pathology patients via video teleconference, and helps manage 50-60 children that attend the Alaska diabetes camp where she also helped boost the enrollment of Alaska Native children with diabetes.

Britney Andrew was awarded the Direct Care Award for her effective communication skills, diligent

attention to details, outstanding clinical skills and highly effective time management skills as a registered nurse in the Central Nursing Office at ANMC. She provides clinical expertise, strong problem solving abilities, thorough assessment skills, and the highest quality of evidence-based care. She is also a volunteer for the Make-A-

Wish Foundation and a member of the National Society for Collegiate Scholars.

Tracie Wright won the Patient and Family Centered Care Award for her willingness to go above and beyond to provide support and advocate for families in her clinic, as well as in the community as a registered nurse in the Outpatient Pediatric clinic at the Anchorage Native Primary Care Center at ANMC. She was instrumental in starting a free summer camp for school-age children with juvenile idiopathic arthritis. In 2012, Camp ARCTIC (Arthritis Can't Tame my Independence and Courage), became the first camp of its kind in Alaska and has interest from the national Arthritis Foundation to support the camp and help it grow.

Congratulations to these awardees on their inspiring and impactful efforts and thank you to all ANMC health care professionals that provide the best services and care to our customer-owners, the Alaska Native and American Indian people.

Important Affordable Care Act exemption application updates

Exemption paperwork could save Alaska Native and American Indian people a tax penalty

BY ANTHC STAFF

In November, ANTHC staff learned of an unexpected change in the Affordable Care Act (ACA) that impacts Alaska Native and American Indian people. Alaska Native and American Indian people must now apply for an Indian Exemption to avoid a tax penalty associated with the ACA. Alaska Native and American Indian people are exempt from the requirement to purchase insurance if they can show evidence of enrollment in a federally recognized Tribe, Alaska Native Claims Settlement Act shareholder status (village or regional), or eligibility to receive services from an Indian Health Service facility/Tribal health care provider.

Originally, it was understood that Alaska Native and American Indian people could apply for the exemption through www.Healthcare.gov. However, following the launch of the ACA, ANTHC and other advocates learned that Alaska Native and American Indian people will have to apply for the exemption through a paper application process. This paper application will be available in early 2014.

There may be a requirement for people to send a copy of their Tribal enrollment card, Certificate of Indian Blood Card or other supporting documents. Please remember to never send originals, as they will not be returned to you.

If you have health care coverage through Medicaid, Medicare, Denali KidCare or Veteran's benefits, or if you have health care coverage through your employer or your spouse's employer, you have met the requirements and do not need to apply for an exemption or purchase additional coverage to avoid the tax penalty.

ANTHC has developed a distribution list for updates on the Indian Status Exemption Paperwork. To join that list, or for more ACA information, contact the Alaska Native Tribal Health Consortium Navigator at (907) 729-7777 or toll free at (855) 882-6842 or email healthreform@anthc.org.

ANTHC staff will continue to provide updates to Tribal partners and our customer-owners as we learn more. Please visit anthc.org/aca for up-to-date information.

Improved Access, Healthier People

ALASKA NATIVE TRIBAL HEALTH CONSORTIUM Improved Access, Healthier People 2013 ANNUAL REPORT

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
CONSORTIUM

Suicide intervention training, awareness increases across Alaska

BY ESTELLA CLAYMORE

Suicide remains a sensitive and urgent topic in Alaska, causing many from the Alaska Tribal Health System and beyond to come to ANTHC specialists for suicide intervention training. In recent months, ANTHC had a presence at the 13th Alaska Tribal Leaders Summit and was approached by Anchorage ministries to train more than their parishioners in safeTALK, a suicide intervention model. ANTHC also recently collaborated with the Southcentral Foundation to provide a two-day Applied Suicide Intervention Skills Training (ASIST) to Emergency Medical Service (EMS) workers.

ANTHC's Suicide Prevention Program Associate Barbara Franks attended the 13th Alaska Tribal Leaders Summit in Anchorage. The special session invited speakers and presenters from across the state to discuss suicide in the Alaska Native



PHOTO COURTESY OF BARBARA FRANKS

Emergency medical service workers receive safeTALK certificates from ANTHC's Barbara Franks.

youth population and statewide suicide prevention efforts.

"On the first day of the summit, one of our SurvivorVoices-trained people stood up and shared her story," said Franks. "Having a survivor share their story gave other people hope that one day they too will be in that place where it doesn't hurt to remember."

ANTHC's SurvivorVoices training is a three-day talking circle specifically for suicide survivors to learn how to tell their stories safely

Learn more

For more information about ANTHC's Suicide Prevention Program, contact Barbara Franks at (907) 729-3751 or email bjfranks@anthc.org.

and effectively.

Franks also conducted safeTALK trainings and certified 13 members of Anchorage's True Vine Ministries and 21 volunteer clergy members.

"We are going into a whole new group of people who are asking to be trained on suicide intervention and that is great," said Franks. "I

have always wanted to work with ministries because they are some of our first responders that at-risk people turn to when they are having thoughts of suicide."

ANTHC's Hillary Strayer, Injury Prevention Program Senior Specialist, assisted Franks in training 21 Volunteer Pastoral Ministry Team members at the Alaska Native Medical Center (ANMC). The training was part of the first annual ANMC Volunteer Clergy Recognition Celebration, which was held to honor 60 years of volunteer clergy services.

EMS workers are the first responders to a variety of emergencies and being trained in suicide intervention gives them tools essential to helping those in need. Franks recently worked with Southcentral Foundation's Amber Latham to provide a two-day ASIST session to 10 EMS staff at the EMS Symposium in Anchorage.

ANTHC provides advanced diabetes training for Alaska's CHA/Ps

BY ESTELLA CLAYMORE

ANTHC provides training for Alaska's Community Health Aide and Practitioners (CHA/Ps) to help them

gain proficiency in as many health care areas as possible. In October, 14 CHA/Ps from around Alaska participated in a three-day Diabetes Prevention and Care in the Villages of Alaska course presented by ANTHC's Diabetes Team.

This annual course provides Alaska's CHA/Ps with active hands-on diabetes management and prevention skills, and helping our people with intensive lifestyle change support on a daily basis. The course covers topics like blood glucose monitoring; nutrition and diabetes;

Online

To learn more about the CHA/P program, visit:

akchap.org

physical activity and diabetes; diabetes prevention; gestational diabetes; community education; foot care; and more.

Stephanie Aishanna, a Community Health Aide who serves the North Slope community of Kaktovik, knows firsthand the value of this information.

"We had a child get diagnosed with diabetes and were not able to provide the care needed at the time of diagnosis," said Aishanna. "This course has helped me gain more confidence and knowledge to help manage diabetes and will help with any other cases that come up in our community."



PHOTOS BY JUDY THOMPSON / ANTHC

Delores Saena, CHA/P from New Stuyahok, left, performs a foot exam on Minnie Roberts, a CHA/P from Goodnews Bay.



Minnie Roberts, CHA/P from Goodnews Bay, practices testing blood sugar at the Advanced Diabetes CHA/P Course at ANTHC.



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.

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).

Hundreds celebrate healthy Alaska communities and advocates at ATCEM

BY JOSH NIVA

Each year, hundreds of Tribal leaders from around Alaska gather at the Alaska Tribal Conference on Environmental Management (ATCEM) to inspire and inform those who build stronger Alaska Native communities through environmental health efforts. Nearly 400 participants representing 127 Alaska communities took part in this year's four-day conference in Anchorage – the largest turnout in the conference's history. The conference's theme was "Building healthy and sustainable Tribal communities."

This year's numerous breakout sessions and workshops focused on key topics impacting the interaction of health and the environment in and around Alaska communities: water; air quality; healthy homes;



Alaska Tribal Conference on Environmental Management (ATCEM) participants enjoy tasty traditional treats during the Jam-Jam, a new addition to the popular ATCEM event.

food sustainability; program sustainability; climate change; solid waste management; and the Indian General Assistance Program.

"People always say that everything is different in Alaska, and it's true – so we work with our partners and Tribes to make the trainings and sessions relevant to our rural communities," explained Kimberly Smith, ANTHC's Environmental Health Specialist who helped organize this year's ATCEM. "We had so many great partnerships and collaborations that made it go so well this year. And as always, one of the most important things is that participants get to see people from other communities and ask how things are going and support one



PHOTOS COURTESY OF PHOTO ARTS BY JANNA
Students from the Alaska Native Cultural School recite the Pledge of Allegiance in Yupik during the Alaska Tribal Conference on Environmental Management event.

another in presentations."

Nearly 30 agencies and organizations participated this year. Sessions were led by staff from ANTHC, Alaska Department of Environmental Conservation, U.S. Environmental Protection Agency (EPA), Indian Health Service, RuralCAP, and the Yukon River Inter-Tribal Watershed Council, among many more agencies and groups. ATCEM also welcomed guests from EPA headquarters: Michael Flynn, Director for the Office of Radiation and Indoor Air, and Jed Harrison, Senior Tribal Advisor.

Three keynote speakers led the conference: Jack Dalton, an award-winning storyteller, actor and artist from Bethel; Annette Evans Smith, the President and CEO of the Alaska Native Heritage Center; and ANTHC's Valerie Davidson, Senior Director of Legal and Intergovernmental Affairs.

Each year, ATCEM also honors those making a difference in their respective work and communities with Environmental Achievement Awards. Leilani Luhrs, an AmeriCorps member from the Traditional Council of Togiak, earned this year's Youth Award for her community work and inspiring other youth. Annie Christensen, President of The Native Council of Port Heiden, was given the Elder Award. Individual Achievement Awards went to Oxcenia O'Domin of ANTHC's Tribal Environmental Program and originally from Chignik Lake, and Bobbi Anne Barnowsky, an Environmental Coordinator from Old Harbor. Henry Neligan III (Moose) of the Craig Tribal Association was the

Volunteer Award winner. N. Carol Wesley, Environmental Assistant with the Native Village of Noatak, earned the New Environmental Professional Award. The Organized Village of Kasaan earned the Community Award. And Zender Environmental Health & Research Group earned the Agency Award.

The Walter C. Porter Lifetime Achievement Award went to Deborah Friday-Aguchak, an Environmental Assistant from Chevak Native Village. The award was recently renamed to honor Porter, a highly regarded Elder who often acted as ATCEM master of ceremonies at past events.

Online

Learn more about ATCEM at atcemak.com

This year featured a new evening social event called the Jam-Jam. More than 100 people showed up for the event, which included a homemade jam contest, a musical jam session consisting of conference participants and their instruments, and a performance by the Anchorage Tlingit and Haida Dancers. More than 20 participants shared their homemade traditional jams and jellies. Maude Blair and Maija Lukin teamed up to make the winning jam, a low-sugar raspberry rhubarb and Aqqik. The social's theme was meaningful in light of the very successful wild berry harvest throughout most of Alaska this year and widespread concern for protecting this and other subsistence food resources during times of increased environmental change.

This was the 19th edition of the popular ATCEM event. After many years of partnering with EPA to host the event, ANTHC has hosted the event for the past three years as a demonstration of Tribal program capacity building.

The health of my people starts with me

—Cecelia, Registered Nurse
Alaska Native Tribal Health Consortium
Athabascan, from Fairbanks

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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www.anthc.org • careers@anthc.org

Wooden mask collection sparks conversations about diseases



ANTHC recently displayed the *Aggravated Organizms* collection of 10 wooden masks carved by Drew Michael (Yupik) and painted by Elizabeth Ellis (Alutiiq). The masks each represent a different disease that impacts the Alaska Native community.

PHOTOS BY
BRIAN ADAMS

Aggravated Organizms brings awareness to 10 diseases among Alaska Native people

BY ESTELLA CLAYMORE

Aggravated Organizms is a collection of 10 large, colorful wooden masks carved by Drew Michael (Yupik) and painted by Elizabeth Ellis (Alutiiq) which explore how all living organisms are made of cells and sometimes these bodies of cells are overtaken by disease. A partnership with the Alaska Native Tribal Health Consortium's (ANTHC) Healthy Alaska Natives Foundation (HANF) arranged for the masks to be on display in ANTHC's Consortium Office Building this winter.

The masks represent diseases like hepatitis; rheumatoid arthritis; HIV; alcoholism; fetal alcohol syndrome; cardiovascular disease; cancer; diabetes; influenza; and behavioral health. The artists encouraged people to sign the inside of a mask if that particular disease has afflicted them or a loved one.



Online

For more information about artist Drew Michael, visit:
drewmichael.net

For more information about HANF, visit:
inspiringgoodhealth.org

"The masks are displayed on individual metal stands that move when touched, because traditionally wooden masks were worn in ceremony and I wanted to recreate that feeling with this project," said Michael.

In conjunction with the masks display, HANF and ANTHC collaborated with the Alaska Community Foundation (ACF) to hold a "Conversation about Causes That Matter," a series of panel discussions on topics of importance to Alaskans. These conversations are recorded and broadcast as a podcast and on KSKA public radio. The discussion was moderated by ACF President/CEO Candace Winkler, and included the artists and ANTHC staff Dr. Jay Butler, Dr. Gary Ferguson and Laura Avellaneda-Cruz. The panel discussion was followed by a reception with the artists.

"This project is a good example of how art, culture and health can come together and be a catalyst for conversations about the things that are hard to talk about," said Michael.

The mask collection was also featured on Anchorage's KTUU television network. KTUU



interviewed Michael and ANTHC's Dr. Butler on the importance of having conversations about disease and how those conversations can promote awareness around some difficult topics. To watch the report online, visit www.ktuu.com and search for "2 your health disease masks."

Alaska's Behavioral Health Aides and Practitioners gather to learn and celebrate

BY ESTELLA CLAYMORE

Alaska's Behavioral Health Aides and Practitioners (BHA/Ps) are counselors and health educators working around the state, advocating and helping address community behavioral health needs. These needs include alcohol, drug and tobacco abuse, and mental health problems such as grief, depression, suicide, and related issues.

In November, ANTHC's Behavioral Health Department hosted the fifth annual Behavioral Health Aide (BHA) Forum in downtown Anchorage. This year's theme was "Beacons of Light: Passing the torch, preventing burnout." The BHA Forum is a weeklong training conference – this year's forum hosted 110 attendees with 79 BHA/Ps representing 11 Tribal health organizations and Tribal councils.

BHAs seek to achieve balance in a community by integrating their sensitivity to cultural needs with specialized training in behavioral health concerns and approaches to treatment. The BHA Program is facilitated through ANTHC's



PHOTO BY ESTELLA CLAYMORE / ANTHC
Some of the 2013 Behavioral Health Aides and Practitioners award winners included, from left, Claudette Frank (Rising Star), Alice Fitka (In Appreciation), Sherry "Anaana" Kulukhon (Super Star), Dinah Aceveda (In Appreciation), and Bernice Hetherington (Shining Star).

Behavioral Health Department in collaboration with the Behavioral Health Academic Review Committee. BHA certifications are granted by the Community Health Aide Program Certification Board.

A highlight from each year's forum is the BHA Awards Luncheon in which six BHAs are recognized for their work and dedication to making a difference in their communities. This year's Rookie of the Year award was presented to Mary Rauch from Tanana Chiefs Conference for her exceptional client care and passionate work in her community. The Rising Star award was presented to Claudette Frank

Online

For more information about ANTHC's Behavioral Health program and about BHA/Ps, visit: anthc.org/chs/behavioral/index.cfm

from Ketchikan Indian Community for demonstrating excellence in her role while balancing her work and personal life. The Shining Star award was presented to Bernice Hetherington from Yukon-Kuskokwim Health Corporation (YKHC) for enhancing the behavioral health team at YKHC with her flexibility and focus on caring for and healing her clients. The Super Star award was presented to Sherry "Anaana" Kulukhon from Norton Sound Health Corporation for her incorporation of traditional values into her counseling and meeting her clients where they are in their healing process. In Appreciation awards were presented to retired BHAs Alice Fitka from Norton Sound Health Corporation and Dinah Aceveda from Southeast Alaska Regional Health Corporation for their years of dedicated service.

Releasing Time to Care program maximizes ANMC nurses' time at the bedside

BY DARBI DALEY

The Alaska Native Medical Center's (ANMC) nurses are always seeking new ways to improve the services and care they provide, from processes and initiatives to technology and equipment. In an effort to help ANMC nurses maximize the time spent providing care and being with patients and their families, ANMC's Adult Inpatient Surgery staff piloted an evidenced-based, internationally successful program called Productive Ward: Releasing Time to Care (RT2C). This program was so effective, it is now rolling out to the Adult Inpatient Orthopedics and Neurosurgery unit.

"Organization and efficiency are huge components of the program," said Julie Fefelov, ANMC Registered Nurse. "This allows us to maximize our time with patients and their families."

The program streamlines nursing workflows, helping nurses spend more time with patients. The program leads to better outcomes and improved customer satisfaction, as well as improved employee satisfaction, retention and engagement. It empowers staff to change their work environment and improve patient safety and

employee satisfaction.

When RT2C implementation began in 2012, nurses determined that they spent only 19 percent of their shift at the bedside. This data was analyzed and compared on a month-to-month basis, allowing the group to identify process improvements and ways to increase time at the bedside. The group's target for time at the bedside was 32 percent. Staff reached their target and maintained it for more than 18 months.

"With a more organized work environment, we can spend more time at the bedside caring for patients because we are not running around looking for things," said Fefelov. "The feedback from the



PHOTO BY TODD HENRY / ANTHC
ANMC Adult Inpatient Surgery RNs are the driving force behind the Releasing Time to Care program at ANMC, which allows nurses more time with patients.

nurses has been really positive and units make some of the changes we we're even seeing other inpatient implemented with RT2C."

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.



ANMC at 60

NOVEMBER 29, 1953: The Anchorage Medical Center of the Alaska Native Service opens and is the largest civilian building in Alaska.

THE FIRST THREE PATIENTS arrived on November 30 – a man from Fairbanks and a man and woman from Teller, all suffering from pulmonary tuberculosis. Two more cases arrived the following day, and nine more the day after that. By the end of December, 153 patients had been admitted; nearly all were from rural communities, and nearly all were suffering from tuberculosis.

The building site: 930,600 square feet or 21.4 acres of floor space.

The building had:

600 rooms
2,106 windows
400 patient beds

The building was constructed in the shape of a large cross: the main building had five floors with a partial basement; the west wing had a sixth floor solarium; and the central area extended to eight floors, mainly used for storage and to house mechanical equipment.

BEDS**BED ALLOCATION**

291 Tuberculosis
31 Medicine
10 Contagious
30 Surgery
12 Pediatrics
8 Obstetrics
18 Psychiatry

1953

– Historical information taken from “Alaska Native Medical Center: A History, 1953-1983”

OPENING STAFF

Around 190 employees, including:

70 Nurses, including one of the state’s four Alaska Native nurses

8 Medical Officers

4 Dental staff, including one Alaska Native dental assistant

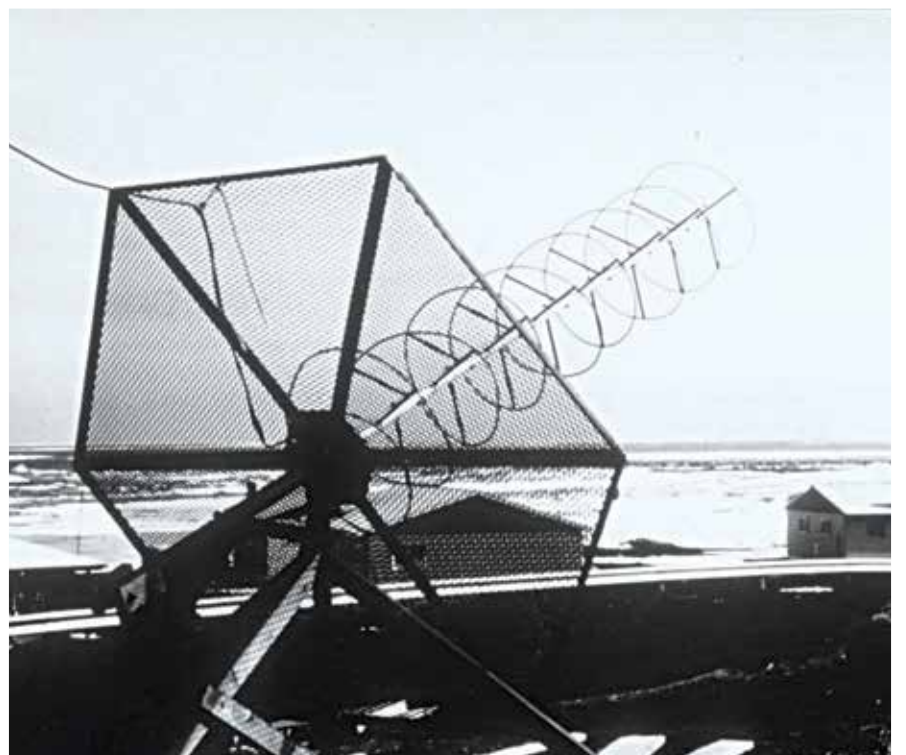
10 Ancillary professionals

From 1952-1954, the **infant mortality rate** for Alaska Native people was **86.6 deaths** per 1,000 live births.

In 1957, the **average age of death** for Alaska Native people was **30.5 years**, with 34.6 percent of all deaths under one year of age.

In 1954, the first full year of the hospital’s operation, tuberculosis was reported in 2,452.4 per 100,000 among Alaska Native people, compared to the U.S. incidence of 62.4 cases per 100,000 people.

ANMC did not add an Emergency Room until 1973.





ANMC at 60

TODAY, the Alaska Native Medical Center (ANMC) hospital's current square footage is 349,475; the Quyana House patient housing is 19,270 square feet; and the nearby CDC Arctic Investigations Program building is currently 13,089 square feet.

BEDS

Today's ANMC hospital offers acute, specialty and primary care with 150-160 beds, including:

ANMC's adult inpatient units:

23 beds in 5 East, which includes Internal Medicine and Telemetry Monitoring units

23 beds in 5 West, which includes Inpatient Medical/Surgical unit

23 beds in 4 East, which includes Inpatient Surgery unit

23 beds in 4 West, which includes Inpatient Orthopedics and Neurosurgery units

16 Critical Care Unit beds

19 Pediatrics beds

12 Neonatal Intensive Care Unit beds

21 Postpartum beds in the Mother Baby Unit

Quyana House patient housing is a 56-room, 108-bed facility for patients and their escorts traveling to ANMC for care.

CURRENT ANMC HOSPITAL STAFF

Around **1,837** employees, including:

100 Physicians, full-time active

35 Associate/Mid-level Providers

534 Nurses

Infant mortality for Alaska Native people is **4 deaths** in the first year of life for every 1,000 live births. (From 2010 report)

Current **life expectancy** for Alaska Native people: **75 years** for women, **70 years** for men. (From 2010 report)

ANNUAL ACTIVITY, FISCAL YEAR 2013:

Inpatient admissions: **7,486**

Outpatient visits: **290,986**

Babies born: **1,608**

Emergency room visits: **56,943**

2013



ANMC at 60



Recently, a group of longtime Alaska Native Medical Center employees gathered for a photo to commemorate the arrival of ANMC's 60th anniversary. Most of these staff members have working histories that date back to the old hospital in downtown Anchorage. The photo was taken by Todd Henry, ANTHC's Multimedia Production Artist.

To the right is a photo from a mock opening ceremony of the original Anchorage Medical Center, taken a month before the hospital's actual opening ceremony in November 1953.

The Marketing and Communications teams of ANTHC and Southcentral Foundation are collaborating on celebrating ANMC's 60th anniversary over the year ahead, with events, communications and more. If you 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

THE HISTORY OF THE HOSPITAL'S NAME

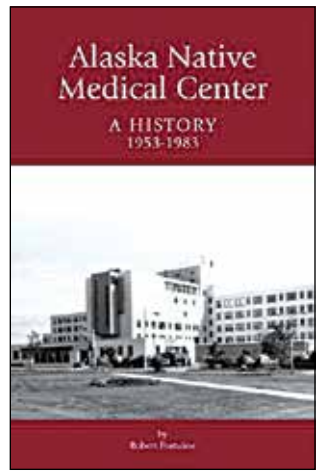
| Year | Name of Hospital | Operating Agency | Department |
|------|----------------------------------|-----------------------------------------------------------------------------------------|------------------------------------------------------------|
| 1953 | Anchorage Medical Center | Alaska Native Service/ BIA | Interior |
| 1955 | | Alaska Native Health Service, Division of Indian Health | Health, Education and Welfare |
| 1956 | Alaska Native Hospital Anchorage | | |
| 1965 | Alaska Native Medical Center | | |
| 1968 | | Indian Health Service/ Health Services & Mental Health Admin. | |
| 1973 | | Alaska Area Native Health Service, Indian Health Service/Health Services Administration | |
| 1980 | | | Health and Human Services |
| 1983 | | | Indian Health Service/Health Resources and Services Admin. |
| 1998 | | Alaska Native Tribal Health Consortium and Southcentral Foundation | |

THE FIRST 30 YEARS OF ANMC'S HISTORY CAPTURED IN BOOK REPRINT

"Alaska Native Medical Center: A History 1953-1983," a book by Dr. Robert Fortuine, was written to commemorate the 30-year anniversary of the hospital and was originally released in 1986. Only 500 copies were made available to the public – most copies ended up in libraries and private collections, leaving no remaining inventory.

Supported by ANTHC, the ANMC Auxiliary and several individuals, the book was reprinted and made available for purchase again this spring. The author, Dr. Fortuine, became acquainted with ANMC in 1963 when he arrived in Alaska as the Service Unit Director at Kakanak Hospital. He went on to work at ANMC as a medical director, family physician, emergency room physician and volunteer.

Buy the book at the ANMC Craft Shop or online at www.lulu.com; type "ANMC" into the search bar. The price is \$14 and a portion of the proceeds benefit the ANMC Auxiliary.



HERITAGE TREE IS A LIVING CONNECTION BETWEEN HOSPITALS, STAFF AND PATIENTS

BY SELMA OSKOLKOFF-SIMON

Standing as a living bridge between the cultural, traditional and modern roles of the Alaska Native Medical Center (ANMC), a special spruce tree that grew at the old Alaska Native Services Hospital (ANS) continues to grow today on the Alaska Native Health Campus, just outside of the ANMC hospital.

This wasn't any old spruce – it was the one that grew near the driveway entrance to the ANS patient pick-up and drop-off area. There, it added to the character of the hospital – it was lit up and decorated during the holidays, and some people said it was good luck to touch it.

After the new ANMC opened in 1997, the tree remained at the old site downtown. A committee was formed in the summer of 2005 to have the tree transferred to the new hospital. It took many contractors

and volunteers who worked for two years to arrange for the tree to be uprooted, brought across town and replanted.

After the old hospital and buildings had been torn down, the land had been transferred to the Municipality of Anchorage, which had to grant permission to remove the tree. The timing had to be just right, too – the tree had to be in a dormant stage but the ground could not be frozen. The move had to be in the early fall.

Around that time, ANTHC's Board of Directors declared October 8, 2007, Alaska Native Traditional Healing Celebration, or ANTHC Day. A celebration was planned and it proved a perfect time to transfer the tree.

That fall day was beautiful and a group of people gathered at ANMC in anticipation. A huge truck slowly made its way down Ambassador Drive while a group of Alaska Native Elders welcomed the tree with drumming and a song.

Fred Olin, a longtime ANMC carpenter with Hospital Facilities and Engineering, placed four small bags of earth at the base of the tree – he had saved the dirt from beneath each wing of the old hospital. Those attending the tree planting were encouraged to take a handful of soil from each bag and place it at the base of the tree.

ANTHC's then-CEO Paul Sherry stated, "The ANMC Heritage Tree serves as living recognition of the many Alaska Native and American Indian people who were born, cared for, and passed away at the Alaska Native Medical Center, and honors the



PHOTO BY TODD HENRY/ ANTHC

Fred Olin, longtime ANMC Facilities team member, stands near the tree he helped move from the downtown site of the old hospital to its new home near the ANMC Quyana House.

memory and service of the thousands of men and women who provided health care for the people."

This message, like the tree, still stands true today.



PHOTO FROM ANTHC ARCHIVES

An Elder places dirt from the old hospital site at the tree's new home.

Movement, drawing and sculpting create inspiring cancer education

BY ESTELLA CLAYMORE

Movement, drawing, sculpting and storytelling are all aspects of ANTHC's new series of arts-based cancer education courses for Alaska's Community Health Aides and Practitioners (CHA/Ps) as well as cancer educators from across the country. These courses provide participants with the means to retain cancer information better than traditional methods and give participants the tools to teach the curriculum.

The art activities taught in courses like the CHA/P Cancer Education, Cancer Wellness and Digital Storytelling classes include drawing wellness activities on paper plates, sculpting healthy living activities with Play-Doh, creating wellness dances and making paper bag puppets.

These tools are proven to create an atmosphere of better understanding and retention of cancer education. They also help participants feel more confident sharing information on cancer topics like risk factors; screening and prevention; surviving cancer; and providing care and support when cancer is diagnosed.

"These activities help relax everyone, which then enables them to talk about their most prominent or emotional memories in the digital storytelling workshops," said Renae Mathson, a Health Educator at SouthEast Alaska Regional Health Consortium. "The digital storytelling course was a positive learning experience and I still have memories of what was shared in the class."

These courses were developed by ANTHC's Melany Cueva, CHAP Educational Consultant in

collaboration with Alaska's diverse community health workers. In 2009, she received a five-year mentored research scholar award from the American Cancer Society to develop arts-based cancer education with Alaska Native people. Between May 2009-March 2013, 12 five-day courses were provided for 118 CHA/Ps and cancer educators from around Alaska and beyond. Together they have created over 20 learning activities that can be used and adapted to increase cancer knowledge and cancer prevention activities.

"Through this method we are using other senses to share ideas, perspectives and information in fresh ways," said Cueva. "The arts have connected with a whole range of people to support wellness in cancer education and they have used it and adapted it with the people in their areas in unique and diverse ways."

Cancer educator Colleen Echohawk adapted information from the course to create a digital cancer education curriculum for Native youth, graphic novels and other projects focusing on cancer education and wellness.

"This course sparked a whole new way of thinking for me and has helped ground me in my work with Native youth," said Echohawk, an Outreach Manager for Native People for Cancer Control based at the University of Washington's Partnership for Native Health program in Seattle. "In elementary schools, the youth used the drawing wellness art activity to create cancer screening cards for their

Online

For more information about ANTHC's CHA/P arts-based cancer education courses, visit: akchap.org



parents and grandparents to remind them to get screened."

These courses have also gained attention from media and medical journals over the past three years, including a prominent article in the Indian Health Service (IHS) Provider. Additionally, a manuscript sharing this work received the R. Davilene Carter Presidential Prize at the 2013 International Cancer Education Conference.



PHOTOS BY MELANY CUEVA

Community Health Aides and Community Health Practitioners from around Alaska create a wellness dance and participate in a string game in an arts-based cancer education course hosted by ANTHC staff.

PRESENTING AN EVENING
OF STYLE & INTRIGUE

RAVENS BALL

SATURDAY, MARCH 22, 2014
HOTEL CAPTAIN COOK

Join us for a night that will surely be the bee's knees – Raven's Ball 2014, the ritzy and premier fundraising event that benefits the health and well-being of Alaska Native people. Arrive looking spiffy!

Reserve your table, become a sponsor or register to volunteer today by visiting inspiringgoodhealth.org or dialing (907) 729-5652.

All proceeds from Raven's Ball 2014 will support health care, wellness and prevention, and healthy village environments that improve the health of Alaska Native people.

Around Alaska

Gulkana celebrates new water treatment plant

ANTHC staff recently joined community members in Gulkana to celebrate the completion of the area's new water treatment plant. The Gulkana Village Council hosted an open house at the facility.

The new, ANTHC-built \$3 million water treatment plant is innovative, using a magnetic ion exchange resin process in conjunction with traditional green sand filters to produce exceptionally high quality water with reduced chlorine demand. This new technology results in drinking water without the chlorine elements commonly found in treated water.

The community's old water plant was commissioned in 1969. Until recently, Gulkana residents hesitated using the tap water, which was full of minerals that stained sinks, tubs and toilets with orange rings. Clothing was discolored in the laundry and soap residue clung to people's hair and skin when bathing or showering.

The community's first water treatment plant operator, Fred Ewan, attended the celebration and blessed the new facility. ANTHC Engineer Bernard Walker spoke at the gathering and current Gulkana water treatment plant operators Clint Maxim, Paul Howard and John Dye led tours through the plant and explained the treatment process.

Recovery support continues in Western Alaska

Teams from ANTHC's Environmental Health & Engineering (DEHE) division continue collaborating with local, regional, state and federal groups to assist in the recovery efforts in Western Alaska communities, which suffered damage to essential water and sewer infrastructure during a recent storm. ANTHC's construction staff and Alaska Rural Utility Collaborative (ARUC) group are providing support in Kotlik, Stebbins, Golovin, Scammon Bay and St. Michael.

A majority of the efforts are focused on Kotlik, which suffered significant damage. The community's water system was returned to providing quality drinking water and that water was

reaching homes in undamaged areas. ARUC and Kotlik personnel also 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 has hired a team of temporary workers to haul honey bucket waste to the honey bucket lagoon.

Around 60 buildings in the community did not have water or sewer services. Some of the community's utilidor loops are not salvageable until summer due to an ice block, as well as ice and debris in the area. ARUC helped run a temporary utilidor that restored services to 23 homes, a community clinic, two triplexes and the Tribal Council building. The remaining buildings will remain without water or sewer service until summer repair work can be completed.

ANTHC staff surveyed the damage many times and helped develop a response plan, as well as met with city and Tribal leaders to discuss the continued recovery effort. Through those meetings and conversations, ANTHC helped revise scope of work and estimate plans for the first phase of recovery work. ANTHC staff is assisting the city in developing reimbursement requests for assorted recovery efforts.

ANTHC shares innovative rural energy, sanitation work with Senator Murkowski's staff

ANTHC Environmental Health staff members recently met with Senator Lisa Murkowski's staff to share some of ANTHC's more innovative energy and sanitation work around rural Alaska. Dan Reitz (Rural Energy Program Manager), John Nichols (Alaska Rural Utility Collaborative – ARUC) and Michael Black (Rural Utilities Management Services) joined Murkowski staff Miles Baker, State Director, and Allison Nyholm, Legislative Assistant, for the meeting.

Reitz explained the value of reducing operating costs through addressing energy use in existing water plants and clinics. He provided a review of the work undertaken in the past three years with the completion of over 40 audits of community facilities in



PHOTO COURTESY OF ANTHC

Gulkana community members join local water treatment plant operators and ANTHC staff to celebrate the area's new water treatment plant. The Gulkana Village Council recently hosted an open house at the facility.

Western Alaska. Reitz identified ANTHC's primary current funding partners, such as the State of Alaska, particularly the Alaska Legislature and Alaska Energy Authority, the USDA-RD, the EPA and the Indian Health Service. He also mentioned the need for available funding for minor retrofits of water plants and other facilities that can pay for themselves in less than five years.

Nichols shared an ARUC overview and some of its benefits in 27 Alaska communities. Statistics show the cost of sanitation as declining in the communities that have had the benefit of energy projects and operator training. In Deering, heat recovery has reduced costs of sanitation by an average of up to \$150 per household each month. Similar savings are being realized in many of the ARUC communities like Selawik, Ambler, Kiana, Chevak and Toksook Bay.

ANTHC, Northwest Arctic Borough partner for water, sewer management capacity training

The Northwest Arctic Borough (NAB) selected ANTHC's Environmental Health division to deliver water and sewage management capacity training in its communities. NAB selected ANTHC to provide \$180,000 for training that includes water and sewer budgeting, regulatory compliance, strategic planning and

on-site work for its communities under a recent grant. The NAB, Maniilaq Association and ANTHC have a long history of working together to improve the health of the communities in the region.

The NAB recognized that the lack of water management capacity, particularly with its water and sewage systems, had led to environmental contamination in coastal areas and public health risks in the past. The NAB sought funding to help correct this problem and to protect the environment and public health of its communities – it was awarded a Coastal Impact Assistance Program grant for this purpose.

The NAB and ANTHC are completing a number of tasks under this grant, including financial assessments, energy audits, strategic plans and management training in its communities.

"We've been in partnership for many years with water and sewer and we are excited about the opportunity to expand the partnership and reduce the impact of pollution and contaminants in the coastal areas," explained John Nichols, Manager of ANTHC's Alaska Rural Utility Collaborative. "It's during water and sewer freeze-ups and emergencies that the contamination goes in the water. This work will target the root cause of those problems and help each community maintain and maximize the life of its infrastructure."

Around the Alaska Native Medical Center Hospital



A rendering of the new ANMC Patient Housing facility, which will be connected to the ANMC hospital, offer more than 170 rooms for patients, and serve as a culturally appropriate home away from home for patients and their families.

ANMC Patient Housing project gains momentum

The ANMC Patient Housing project, which will construct a 170-plus-room housing facility connected to the ANMC hospital via sky bridge, is moving forward rapidly. The building now has a projected opening date of Spring 2016. The six-floor building will feature gathering areas, education space, a business center, and expanded dining facilities with a shared kitchen. The facility will serve as a culturally appropriate home away from home for our customer-owners who travel to ANMC for care.

Currently, the facility is at 10 percent conceptual design. However, staff are working toward moving into the 35 percent design phase in January. ANTHC staff are working closely to develop an operations plan to align with the design approach that captures the specific ANMC and hospitality-centered elements of the building. Appropriate stakeholders from ANMC operations areas are

being included to ensure good communication about the project and its needs. ANTHC staff is also meeting with several Anchorage hoteliers to observe their operations and accommodations that resonate with guests so that we can do the same for our guests.

ANTHC is also working with ANMC's Maternal Child Health (MCH) leaders to develop plans for the MCH floor housed on floor six, which will better serve and care for our expectant mothers and their families.

Roald Helgesen named ANMC Hospital Administrator

Leadership recently announced an important change in the management structure of the Consortium. Action taken by the Consortium's Board, and supported by the Boards of Southcentral Foundation and ANMC, brought the responsibility of management and administration of the ANMC Hospital and the Consortium together into one position. ANTHC CEO Roald Helgesen, a Tribal

member, will also serve in the role of Hospital Administrator.

The role of the ANMC Hospital Administrator is one of the most influential positions in the Alaska Tribal Health System (ATHS). This position change will lead to positive outcomes at ANMC, ANTHC and around the ATHS, while leading to better health care, services and access to care for our people.

This adjustment is also expected to achieve enhanced internal and external communications and inter-organizational collaboration at ANMC, ANTHC and across the ATHS. These changes will provide an improved means to recognize and respond to the priorities and challenges we see occurring in our communities and the ATHS.

ANMC Mammography Department celebrates 10 straight years of perfect inspections

ANMC's Medical Imaging Service's Mammography Department recently passed its annual Mammography Quality

Standards Act (MQSA) Certification with the State of Alaska with a perfect score. This marked the 10th consecutive year that the Mammography team received a perfect score.

"Our department is really proud of this accomplishment," said Jo Ann Seaman, ANMC Lead Mammography Technologist. "Twice over the past 10 years, the MQSA inspector was even being audited while he was inspecting our facility, which added an extra layer of scrutiny on us. But no matter the circumstances, the professionalism of the Mammography team means that we are always prepared and confident."

In the past year, ANMC also purchased new digital mammography equipment and built a new Mammography Suite to house the new digital mammography equipment that included the addition of a digital upright stereotactic breast biopsy unit.

MAGNET® AT ANMC: EXCELLENCE IN CARE AND LEADERSHIP



The best nurses. The best care.

SINCE 2003, the nurses of the Alaska Native Medical Center have received Magnet® designation, the gold standard for nursing excellence. ANMC is Alaska's only hospital to receive this recognition by the American Nurses Credentialing Center and is a place where nurses lead, innovate and provide patients with the very best care.



ALASKA NATIVE MEDICAL CENTER




Expanding ANMC Maternal Child Health to provide better care, privacy for families

Alaska Native Medical Center staff constantly work to provide our customer-owners with the very best care and experience. As part of this commitment, we are continuing our multi-phase, large-scale construction project on ANMC's Maternal Child Health (MCH) Services facilities, which include the Neonatal Intensive Care Unit (NICU), Inpatient Pediatrics and the Mother/Baby Unit.

The expansion and remodel of the NICU was the first phase of the project to be completed. Four additional NICU beds were added, bringing our beds total to 12. In addition, the pediatric reception area was secured and a pediatric medical procedure room and a pediatric play/resource room were added. The improvements increase capacity and NICU staff is pleased with the functionality and flow of the remodeled space. The remodeled NICU has already been filled to capacity since completing this project.

The renovation in Inpatient Pediatrics was recently completed, updating the patient rooms and corridors with new finishes and colors, creating a much more child-friendly environment. In addition, the nurses' station was remodeled to add staff workspace and improve workflow. A special lighted ceiling at the new nurses' station provides a special touch to the area.

The OB Triage and Support project is well



PHOTO BY TODD HENRY / ANTHC
ANMC RN Whitney Summers cares for a newborn.

underway and is scheduled for completion in summer 2014. Already completed are six new

private OB Triage exam rooms; the previous space did not provide adequate privacy for expectant mothers. Additional improvements underway are a centralized nurses' station and additional support areas that will maximize efficiency within the existing Mother/Baby Unit.

The Labor, Delivery and Recovery (LDR) room and C-section operating room (OR) expansion project is scheduled to begin in March 2014. This will increase the number of LDR rooms from five to eight, and will increase the number of C-section ORs from one to two. This expansion is necessary due to our growing patient population and the high cost of diverting patients to other local facilities when ANMC is at full capacity.

The last project in the Mother/Baby Unit will be the Postpartum renovation. The postpartum rooms, corridors and support space will be renovated and refurbished. Our goal is to improve safety, patient experience and customer satisfaction, making ANMC the provider and facility of choice for our expectant mothers.

Contractors are working around current operations at the busy hospital. For more information the MCH construction and upgrades, please contact ANTHC Senior Health Facilities Architect Ted Dickerson at (907) 729-3553 or mt dickerson@anthc.org.

HANF's 2013 purse auction a success, 2014 Raven's Ball on the horizon

ANTHC's Healthy Alaska Natives Foundation (HANF) team is constantly creating new and unique events to attract and inspire donors, volunteers and advocates who support ANTHC's work in helping Alaska Native people become the healthiest people in the world. The Foundation recently wrapped up its first purse auction and is gearing up for its signature event, the 2014 Raven's Ball.

HANF's latest fundraising concept came to life at its first Purses for Change: A Purse and Accessory Auction. The auction was a big success, raising more than \$7,000 for the ANMC Oncology & Cancer Care Fund. More than 65

people attended the silent auction which showcased more than 110 new or gently used purses and accessories that were donated by ANTHC staff and community members. Participants also enjoyed door prizes, light appetizers, refreshments and music at the Admiral's Place Banquet Hall in Anchorage.

The foundation's biggest annual event, The Raven's Ball, will take place Saturday, March 22, 2014, at the Hotel Captain Cook. The Raven's Ball is one of Alaska's premier black tie parties and dynamic fundraising events, and this year's ball will continue a tradition of success that benefits

Learn more

Learn more about HANF's work and events, and inquire about Raven's Ball tickets and sponsorships by visiting inspiringgoodhealth.org or calling (907) 729-5655.

the foundation and its three key initiatives: improving medical care, strengthening wellness and prevention efforts, and promoting healthy village environments. The event always sells out, so register today for seats, tables, sponsorship opportunities.

One Raven's Ball highlight is always the presentation of the Luminary Awards, which recognize individuals for their dedication and outstanding contribution to the Alaska Tribal Health System and community. The HANF Oversight Committee recently announced its 2014 recipients. The President's Award will be presented to James Armbrust, retired Director of the Office of Tribal Programs for the Indian Health Service. The Legacy and Leadership Award will be presented to H. Sally Smith, Chair of the Bristol Bay Area Health Corporation and representative

on ANTHC's Board of Directors. The Distinguished Provider Award will be presented to Dr. Robert P. Onders, provider for the Kodiak Area Native Association. The Community Spirit Award will be presented to Darren Lieb, Bethel Regional High School Athletics director and coach of the wrestling team.

Shoppers peruse purses and more at the Healthy Alaska Natives Foundation's inaugural Purses for Change: A Purse and Accessory Auction in November.



PHOTO BY TRINA BROSANAN / ANTHC

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!

ANTHC celebrates National Native American Heritage Month



PHOTOS BY TODD HENRY / ANTHC

ANTHC and the Alaska Native Medical Center (ANMC) joined the nation in celebrating November's National Native American Heritage Month with events at the hospital, including ANMC's Native Heritage Celebration. Celebration highlights included staff and visitors participating in a Native Regalia Review and parade through the hospital, followed by a potluck.

Joseph Drake Strianese, a 3-year-old from Southeast Alaska, is pictured in his blanket, apron, boots and bandana made of felt, beads, shelled buttons, feather, leather and faux fur.



ANMC employee Roberta Miljure, a Yupik Eskimo from Bristol Bay, is pictured wearing her blue floral skirted kuspuk and matching headdress



made with wolf and beaver fur crown and beadwork.

The group photo pictured above features, from left, Rodney Hebert, Roberta Miljure, Candis Serene Moore, Tasha Hotch, Martha Ray, Tina Ketah, Rick McCafferty and ANTHC CEO and Administrator Roald Helgesen. In front, from left, is Rebecca Strianese and her son Joseph Drake Strianese.

Healthy Lifestyles Clinic helps young patients, families

BY DARBI DALEY

Childhood obesity is a real problem affecting our young customer-owners and their families. The Pediatric Endocrinology Clinic at the Alaska Native Medical Center (ANMC) has received many referrals for pediatric obesity in recent months. In response, the Alaska Native Tribal Health Consortium (ANTHC) and Southcentral Foundation (SCF) recently piloted the Healthy Lifestyles Clinic, a monthly clinic in which children battling obesity and their families can get help on how to live healthier.

One afternoon each month, ANMC Pediatric Endocrinologist Dr. Rachel Lescher along with SCF Behavioral Health Consultant Rufus Reese, SCF Registered Dietician Jessilyn Dunkelberger and SCF Exercise Physiologists Deb Evans and Erin George meet individually with children and their families to provide guidance and healthy living tips specific to each of their respective disciplines. Sherry Hammock, ANMC Pediatric Endocrinology RN Case Manager, is the clinic coordinator, Agnes Hunt, ANMC Medical Clerk, works with the families to schedule the clinic time, and SCF's Julia Walunga assists as a Certified Medical Assistant.

"Childhood obesity is a significant problem in our society and in the population that we care for here at ANMC," said Dr. Lescher. "With the collaboration of medical, dietary, behavioral health

Learn more

To learn more about the Healthy Lifestyles Clinic, please contact Sherry Hammock at (907) 729-8803 or sahammock@anthc.org

and exercise physiology providers from both SCF and ANTHC, our goal is to meet the needs of children struggling with weight management."

Before the pilot, ANMC providers worked to rule out any other causes of obesity aside from high caloric intake, and to see if there were any medical complications related to the obesity. After the initial patient visit, providers would then regularly follow-up with the children and their families to help with weight management and goal setting, but unfortunately, were not having a lot of success.

Four Healthy Lifestyles Clinics have been held in respective months and Dr. Lescher said the feedback from families attending has been positive. The interdisciplinary team is monitoring the children's progress and hoping to find that body mass index and metabolic issues improve in the children.

"The objective of this interdisciplinary clinic is to assist children and their families in setting and achieving dietary and lifestyle modification goals in order to reach a healthy weight and avoid the complications of childhood obesity, which include adult obesity, diabetes and heart disease," said Dr. Lescher.



PHOTO BY TODD HENRY / ANTHC

Healthy Lifestyles Clinic staff helps young Alaska Native children and families in the fight against childhood obesity. The team includes, from left, Julia Walunga, Dr. Rachel Lescher, Agnes Hunt, Rufus Reese, Erin George, Jessilyn Dunkelberger, and Sherry Hammock.