



Stay safe this summer with water safety tips
Page 12



New food options at the Patient Housing Café
Page 10

THE Mukluk Telegraph



THE QUARTERLY NEWSPAPER OF THE ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

JULY - SEPTEMBER 2017

ANTHC brings food and fun to nine Alaska communities



Healthy eating is one of the building blocks for a healthy life, and learning new recipes is a great way to keep healthy eating fun and delicious.

To help introduce fresh ways to learn new recipes to statewide communities, Alaska Native Tribal Health Consortium's Health Promotion program was awarded a competitive grant from the U.S. Department of Agriculture for Food Distribution Program Nutrition Education in 2016. This funding allows grantees to provide nutrition education services to Food Distribution Program on Indian Reservation (FDPIR) participants. ANTHC's FDPIR provides a monthly supply of nutritional food to more than 700 people in 18 rural Alaska communities.

To promote healthy eating habits, encourage the use of more fruits and vegetables and share new recipes, these ANTHC programs hosted rural nutrition education events that include recipe contests in nine FDPIR communities.

See Page 3, **Nutrition Education**



Top: Vegetables and fruits can be a healthy addition to our Alaska Native traditional foods.

Left: Good nutrition is an important part of health and wellness.

Tribal health history display at ANMC2
Mental Health Awareness Month.....4
Photo essay: The Float Coat Song6
Preparing for your health future9

Why should Alaska Native and American Indian people care about health insurance?11



ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

ALASKA NATIVE MEDICAL CENTER

History of Tribal health and ANMC on display in hospital



Thanks to a new visual history installation, visitors to the Alaska Native Medical Center can take a stroll through the history of our health and medical achievements at the ANMC hospital.

A timeline chronicling important events in Alaska Native health and the Alaska Native Tribal Health Consortium now hangs in the north side, first-floor hospital hallway, just before the sky bridge to Patient Housing at ANMC. The seven-panel installation includes historical photos of the progress of our people in the health care field. It begins in 1947 when the American Medical Association visits Alaska and ends in 2017 with the opening of the six-floor, 202-room patient housing facility.

Here are a few important milestones detailed in the timeline:

1949

Construction of Alaska Medical Center of the Alaska Native Services begins.

1953

Anchorage Medical Center of the Alaska Native Service (later renamed the Alaska Native Medical Center) opens in downtown Anchorage.

1975

Congress adopts Indian Self Determination and Education act; American Indian and Alaska Native people can assume control of federal programs for Tribes.

1976

Congress adopts Indian Health Care Improvement Act to address health disparities between the US population, and American Indian and Alaska Native people.

1997

ANMC hospital on Tudor Road is dedicated; US Congress creates the Alaska Native Tribal Health

Consortium under Appropriations Legislation, Section 325 (Public Law 105-83).

1998

Alaska Area Native Health Service signs a contract transferring statewide services to the Alaska Native Tribal Health Consortium.

1999

ANMC management transferred from Indian Health Service to Tribal management by ANTHC and Southcentral Foundation.

2006

The Alaska Native Health Campus becomes a smoke-free workplace.

2014

ANMC hospital opens fully functional, state-of-the-art hybrid operating room.

Do you have a favorite moment in Alaska Native health care? Email news@anthc.org to share your memory.

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 patients, employees and partners of ANTHC statewide.

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.

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

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.

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



Learning how to prepare healthy foods is an important part of living a healthy life.

Nutrition Education

Continued from Page 1

At each event, community members of all ages participated in fun games that highlight the nutritional and physical benefits of hunting, fishing, gathering, growing and eating traditional foods, as well as healthy food options that are available at the grocery store or in a FDPIR package. Participants were also encouraged to enter a cooking contest to create a dish that combined at least one traditional Alaska Native food and at least one FDPIR packaged fruit or vegetable. Recipes were judged based on taste, appearance and number of fruits and vegetables used. A community potluck took place after each recipe contest and included a food demonstration from ANTHC’s Wellness and Prevention department staff, along with local dance group entertainment.

Nutrition education and potluck events were held in Kwethluk, Kalskag,

Buckland, Kiana, Craig, Klawok, Hydaburg, Metlakatla and Haines. A total of 337 people attended the nine community events. Every community expressed gratitude for the opportunity to come together to share traditional knowledge and have conversations about nutrition and wellness in a culturally relevant way.

These events truly were a collaborative effort. Local FDPIR Tribal agency representatives helped coordinate and enlist volunteers, encouraged dance groups to participate, and assisted in securing venues and planning logistics of activities. In many instances, the schools allowed usage of their buildings to host the cooking contests and school cooks helped to prepare food. ANTHC’s Environmental Health and Engineering staff in the communities also helped secure lodging, transportation and assisted with cleanup. Many thanks to all those

who helped to make these nutrition education events and potlucks a success.

For more information about the Traditional Foods and Nutrition from ANTHC, visit anthc.org/TraditionalFoods.



ANTHC’s Food Distribution program helps provide nutritious options that supplement our traditional foods.

**HEALTHY FOODS, HEALTHY RECIPES:
Red Salmon Salad**



RED SALMON SALAD

INGREDIENTS

- 1 can red salmon, drained and flaked
- 1 lemon, juiced
- 1/2 cup golden raisins
- 1 red delicious apple, cored and minced
- 1 1/2 stalks celery, chopped fine
- 1/3 cup mayonnaise, or to taste
- 1/4 teaspoon crushed red pepper flakes
- Whole wheat crackers or bread of choice

PREPARATION

1. Combine red salmon and lemon juice in a glass bowl; mix well.
2. Stir in golden raisins, apple, celery, mayonnaise and crushed red pepper flakes; mix thoroughly.
3. Serve on whole wheat crackers or bread of choice.



Sharing our tradition of health

HEALTH TRAINING & EDUCATION

Mental Health Awareness Month



May is National Mental Health Awareness Month. In recognition of this observance, Alaska Native Tribal Health Consortium's Behavioral Health and Wellness and Prevention programs worked together to help arrange activities across the Alaska Native Health Campus all month long. The goal was to educate and raise awareness about mental health and wellness, advocate for and provide support to those who experience mental health conditions, and help destigmatize mental health issues.

A theme related to mental health and wellness was assigned to each week of the month. The first week was themed Stand Up and Speak Out. Signs and buttons displaying mental wellness messages and positive affirmations were posted and distributed around the campus. Among the messages highlighted and practiced was "culture heals." Additionally, staff from our Behavioral Health and Wellness and Prevention programs decorated our sidewalks with inspiring images and messages.

During Stand Up and Speak Out week, ANTHC's Behavioral Health and Wellness and Prevention programs also hosted a free, three-day paddle making with master carver Doug Chilton. Each of the twenty people who attended cut, carved, sanded and painted a wood Tlingit paddle to take home.

Week two was focused on Food and Mood. Health tips, recipes and information about how food can affect mood were shared across campus. A snack demonstration was hosted and those who attended were able to prepare and enjoy their own healthy snack. A tea room was also set up so people could take a relaxing break and enjoy a variety of tea including

cold chaga. In addition, the Alaska Pacific University (APU) Spring Creek Farm hosted a seedling starter sale. Farm staff was available to provide information and gardening tips, and APU's Dining Services had freshly prepared samples to try.

Move was the theme of week three. The third week highlighted the importance of incorporating physical activity into your routine. During Move week, health tips and exercises that can be done at a desk or workspace were shared. To encourage playing outside, an educational bean bag toss game was played outside our Healthy Communities Building. In partnership with Southcentral Foundation's Health Educators, two 30-minute beginner yoga classes were also held. At the end of the third week, a team of ANTHC staff participated in the annual Out

See Page 5, **Mental Health**



Above: Messages about mental health awareness greeted Alaska Native Health Campus visitors in May.

Below and above left: Cultural activities are one of the positive influences on Alaska Native health. Participants made wood paddles with Alaska Native artist Doug Chilton.



JULY 28, 2017

SAVE THE DATE FOR OUR 6TH ANNUAL

HEALTHY
AlaskaNatives
FOUNDATION

Golf Classic

TEERING OFF
FOR
TRIBAL HEALTH

Moose Run
Golf Course

Reserve your team or
sponsorship today!
inspiringgoodhealth.org



Mental Health

Continued from Page 4

of the Darkness Walk to help spread the message of suicide prevention and awareness, walk with others in the community and support survivors of suicide loss.

Week four closed the month with the theme of Relaxing, Laughing and Learning. During this week, a relaxation room was set up so people could take 10 minutes to rejuvenate for mental health. In addition, several trainings were offered to staff and patients including Mental Health First Aid and SafeTalk. Mental Health First Aid is a non-clinical, educational experience that presents an overview of mental illness and substance use issues, introduces related risk factors and warning signs, and builds



an understanding of the impact of and common treatments for mental health problems. SafeTalk is a three-hour suicide alertness training, which prepares individuals to become suicide-alert helpers. The training provides attendees with resources and information on how to identify people who are experiencing thoughts of suicide.

Good health and healing include the mind, body and spirit. At ANTHC, we are committed to addressing mental health concerns, helping individuals find proper resources and care, and providing information on taking care of your own mental wellness. May's Mental Health Awareness Month was an excellent opportunity to bring people together to educate and raise awareness about mental health and well-being and help reduce the stigma surrounding mental health issues.



One diverse workforce, a world of opportunity.



Did you know ANTHC is one of Alaska's top employers?

Be part of the dynamic team supporting the health and wellness of Alaska Native people, through specialty medical care, innovative technology, wellness and prevention services and clean water and sanitation systems.

Your next move can make a difference!

Learn more at anthc.org/careers.

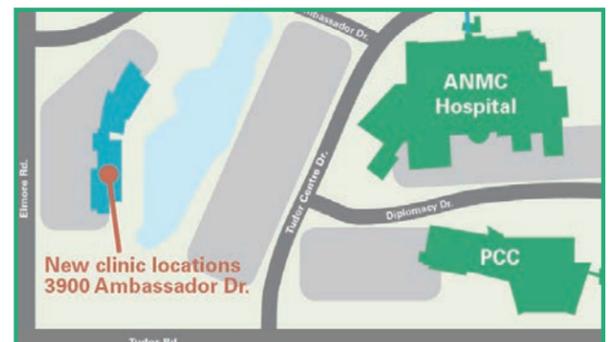


**ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM**

To speak directly with an ANTHC recruiter, call (907) 729-1301 or email careers@anthc.org.

We're building better health!

Some ANMC clinics have recently moved across campus



Recently, several ANMC clinics moved from the hospital and the Primary Care Center (PCC) across campus. These clinics were relocated and expanded to better serve the needs of our people.

The clinics haven't moved far-- only across the pond to the Healthy Communities Building (HCB) on the west end of campus, at 3900 Ambassador Drive.

Formerly in the PCC, the Internal Medicine, Dermatology and Pulmonology Clinics are now in the HCB.

Formerly in the ANMC hospital, the Infusion Center and Oncology and Hematology Clinic are now in the HCB.

Shuttle service is provided between the ANMC hospital and the HCB Monday-Friday.



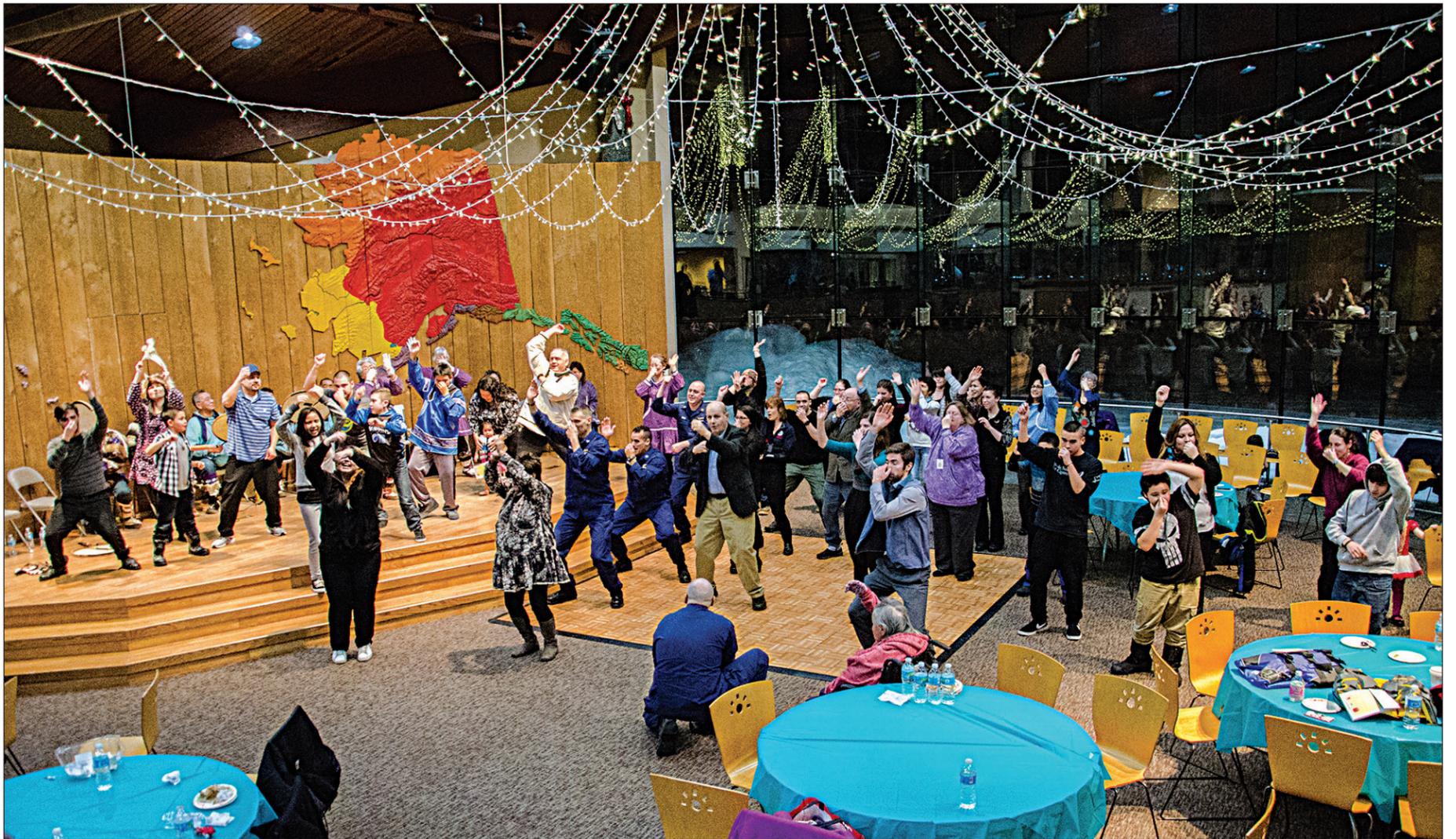
**ALASKA NATIVE
MEDICAL CENTER**



HEALTHY TRADITIONS

The Float Coat Song

Our Alaska Native traditions and cultures can have a positive impact on our health and well-being. The ANTHC Injury Prevention Program recognizes the value of traditional songs and stories to teach the next generations. From this idea, the Float Coat Song was created to encourage water safety and wearing a flotation device. Learn more about the Float Coat Song through pictures of a recent celebration event.



Above and right, ANTHC and the Alaska Boating Safety Program hosted the Float Coat Song Celebration at the Alaska Native Heritage Center on Jan. 25. Participants laughed, ate, met new friends and learned the Float Coat Song from the Kingikmiut Singers and Dancers of Anchorage.



The first line of the Float Coat Song is "Ooo'vee'look Pook'took'qwee'look" (phonetic Inupiaq), which translates to, "Children do not float."



The idea of wearing a float coat is fairly new. The Float Coat Song weaves the message of water safety into the traditional practice of song and dance.





For thousands of years, our ancestors used songs and stories to teach the next generation. ANTHC Injury Prevention Program created the Float Coat Song as a traditional way to teach our Alaska Native community about the importance of water safety and wearing a flotation device.



Gregory Nothstine, right, of ANTHC, teaches members of the U.S. Coast Guard Sector Anchorage the Float Coat Song.



Float coats save lives. Make sure everyone who is near water, even when they're not on a boat, uses a flotation device.

Living near water is part of our Alaska Native life and traditions. Encourage others to wear a float coat or life jacket as part of their traditions on the water.



MORE: Float Coat water safety



We sing and dance to celebrate a successful harvest or hunt. Why not make a song that celebrates saving lives by passing on the importance of wearing a flotation device?



Boating is a way of life for many in our Alaska Native community. Casey Ferguson crafts a traditional canoe, which will be fully functional, by hand at the Alaska Native Heritage Center.



HEALTH ADVOCACY

An Advance Health Care Directive lets your voice be heard, protects your family

Living in Alaska, we spend a lot of time preparing; preparing for fishing and hunting, preparing for weather, preparing for seasons, preparing for school, preparing to travel. Being prepared is important. It helps us to be ready for things that may or may not happen. Thoughtful and careful preparation helps protect us, and gives us and our family peace of mind. The same is true when planning for your future medical care. An Advance Health Care Directive can help you prepare for the expected and unexpected, while protecting you and giving you and your family peace of mind.

What is an Advance Health Care Directive?

An Advance Health Care Directive is a written form filled out during advance care planning. When filled out properly, an Advance Health Care Directive becomes a legal record of your medical choices. It can be used to help your family and health care team get you the health care you want. An Advance Health Care Directive makes your health care wishes known if you're ever in a situation where you can't speak for yourself. Advance Health Care Directives help you to get the medical care you want and protects you from medical treatments you don't want. An Advance Health Care Directive can be changed or updated at any time.

There are two parts to an Advance Health Care Directive: Choosing a health care agent and filling out the instructions for health care (also known as a living will).

It is important to choose someone you trust to speak as "your voice" if you are unable to speak for yourself. Your health care agent will tell your story and make health care choices based on what they know is important to you.

Instructions for health care give specific directions about the medical treatment you want or do not want if you ever become seriously ill or badly hurt and are unable to speak for yourself.

Some may think that Advance Health Care Directives are only for Elders or those who have serious illness. Advance Health Care Directives can be helpful for anyone ages 18 and older. In Alaska, unexpected events can happen at any time. Advance Health Care Directives help you and your family to be prepared for these unexpected events in life. It can give you and your family peace of mind knowing that you have shared with others the things that are important to you.

Who can help me with advance care planning?

You can ask your health care team about how to access resources for advance care planning. Your medical provider can help you complete an Advance Health Care Directive. Your medical providers can also help answer your questions about filling out advance care planning documents and make sure that these documents



ANTHC Palliative Care team, (Left to right) Serena Boss, RN; Rona Johnson, ANP; Stacy Kelley, MPH; Karen Hollar, LCSW; Dr. Chris Piroballi, DO, MPH; and Patricia Cushman, PA-c hold up the "Your Care, Your Choices" Conversation Guide, which the team developed. The guide will help you and your family understand Advance Care Planning and Advance Health Care Directives.

communicate your medical goals and those things that are important to you.

Advance care planning resources

It's not easy to talk about unexpected events, such as a serious injury or illness. To help with the advance care planning conversations, the ANTHC Palliative Care Program developed innovative clinical tools that incorporate cultural respect. Everyone has different cultural attitudes about how to approach these conversations. By incorporating our Alaska Native traditional values of storytelling and vivid imagery, the concepts of advance care planning are explored through educational materials that can help prepare you and your family to have these important conversations.

ANTHC Palliative Care Program developed the Your Care, Your Choices Conversation Guide as a tool to help explain the Advance Health Care Directive forms. The Conversation Guide and other valuable resources to help you learn about advance care planning can be found at anthc.org/palliative-care/resources/.

In completing an Advance Health Care Directive, it is important to have your family involved in the process so they know your wishes. It is also important to make sure that your health care agent, family and medical providers have a copy of your Advance Health Care Directive.

Starting and continuing the conversation

Advance care planning is about a conversation. We hope the advance care planning resources will help to start this conversation with you and your family. Advance Health Care Directives should be reviewed at least once a year to make sure they still represent your medical treatment wishes. It is important to know that this is a lifelong

conversation. It helps you to be prepared throughout your life journey.

For more information about Advanced Care Planning, visit the ANTHC Palliative Care webpage at ANTHC.org/palliative-care, email palliativecarespecteam@anthc.org or call (907) 729-1112.

YOUR CARE, YOUR CHOICES

Being prepared is important

Speak with your provider about how Advance Care Planning and Advance Health Care Directives can help protect you and your family in case of the unexpected. Make sure your health care wishes are heard and known!

For more information about Advance Health Care Directives, contact ANTHC Palliative Care at (907) 729-1112, email palliativecarespecteam@anthc.org or visit www.anthc.org/palliative-care.



ALASKA NATIVE MEDICAL CENTER

Patient Housing Café: Your next great meal is available at the Alaska Native Health Campus

When Patient Housing at ANMC opened in January, it included the opening of a new dining option on the Alaska Native Health Campus. The Patient Housing Café on the first floor welcomes staff, visitors and community members in addition to guests of the 202-room facility. The menu changes daily and offers a variety of new foods for staff and visitors, who might be limited by time or distance (or both) to what's available within the hospital walls.

There are several food stations to choose from—a self-serve salad bar with a variety of premade salads, a pizza station, a pho station and a hot buffet station, each with multiple options each day. There is something for everyone in this café.



Salad bar

Patient Housing Café Hours of Operation

7 days a week

Breakfast: 6 to 10 a.m. (Entrée station only)

Lunch: 11 a.m. to 3 p.m.

Dinner: 4 p.m. to 12 midnight (Pho station closes at 10 p.m.)

Rotating daily entree - Birch syrup baked salmon



Rotating daily entree - beef and potatoes



ANMC Internal Medicine Same-Day Clinic

For our patients living outside of the Anchorage Service Unit (areas shaded in green), the ANMC Internal Medicine Clinic offers same-day primary care services for our people while visiting Anchorage.



Services provided:

- Medication refills, excluding narcotic pain medications. We will verify your medications with your local pharmacy and provide refills if needed.
- Treatment of injuries and illnesses that do not require emergent services (will be addressed within 24 hours).
- Testing for sexually transmitted infections.
- Department of Transportation physical exams.
- Providers are available for consultation about medical conditions, questions or concerns that cannot wait until you can see your provider at home.

To make an appointment:

For a same-day appointment, please call the clinic at (907) 729-1500 for scheduling. If you are unable to call, please feel free to stop by the clinic and schedule an appointment in person.

Clinic address: 3900 Ambassador Drive, 3rd floor • Anchorage, AK 99508



More from the Patient Housing Café



Reindeer chili and salad bar selections



Customizable pho (Thai noodle soup)



HEALTH ADVOCACY
Why should Alaska Native and American Indian people care about health insurance?

Health insurance can provide you and your family more options. Coverage means you can help expand services available at our Alaska Tribal hospitals and health clinics.

Buying an insurance plan can also provide you access to care if you are on vacation away from your Tribal health facility. Peace of mind comes with more health care options for you and your loved ones without the risk of unexpected health costs. Many American Indian and Alaska Native people now qualify for health insurance through Medicaid, Denali KidCare and the Health Insurance Marketplace.

Do you want health insurance paid for you?

The Tribally-Sponsored Health Insurance Program may pay for health insurance for you if you qualify.

Where can I get more information and sign up?

Visit anthc.org/tship to find the contact in your area and see if you are eligible and get help with enrollment.

HEALTHY PEOPLE & PREVENTION

Summer water safety tips to keep you and your family safe

The long summer days mean our Alaska Native people will spend more time on the water – whether it's on boats or shores, fishing or for recreation. However, every year, water related accidents and fatalities affect our Native communities.

On average, 17 Alaska Native people drown each year. About half of Alaska Native drowning victims are ages 30 and under. Our Alaska Native men are six times as likely to drown than our Native women.

These numbers can be reduced and Alaska Native Tribal Health Consortium's Injury Prevention Program wants to keep you and your family safe.

Be sure to follow these safety tips this summer and whenever you're on the water:

1. Keep young children away from water unless supervised by an adult.
2. Ensure the whole family has access to and uses flotation devices when near water.
3. Always wear a life jacket when in an open boat or on an open dock, regardless of weather, boating experience or swimming ability.
4. Attach the engine cut-off device when underway, especially when boating solo.
5. When boating, have a means of communication/signaling device to attract help in an emergency – passengers should know the location of and how to use emergency devices.
6. Equip boats with at least one means of re-boarding (e.g. swim step, ladder, foot sling).
7. If boating, file a plan so someone knows where you are and when you are expected back.
8. Have your family members attend a water safety class such as those provided by the Alaska Marine Safety Education Association or the Alaska Office of Boating Safety.

For more information on water and boating safety, contact ANTHC Injury Prevention at (907) 729-3799.



As the summer days grow longer, our Alaska Native people will spend more time on the water – whether it is on boats, shores, fishing or recreation. Every year, water related accidents and fatalities affect our Native community.

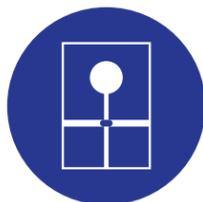
On average, **17 Alaska Native people drown each year**. About half of Alaska Native drowning victims are ages 30 and under. Alaska Native men are six times as likely to drown than our Native women.

Follow these safety tips whenever you are on the water!

Keep young children away from water unless supervised by an adult



Ensure the whole family has access to and uses flotation devices when near water



When boating, have a means of communication/signaling device to attract help in an emergency



When boating, file a plan so someone knows where you are and when you are expected back



Have your family members attend a water safety class such as those provided by AMSEA or the Alaska Office of Boating Safety



ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

For more information on water and boating safety, contact ANTHC Injury Prevention at (907) 729-3799.