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THE Mukluk Telegraph



THE QUARTERLY NEWSPAPER OF THE ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

OCTOBER - DECEMBER 2017

Eek residents say goodbye to the honey bucket with new water service



“I grabbed my water pitcher to get water from the barrel, turned to the barrel, and it was gone. Then I remembered I had running water. And I also threw away my honey bucket!”

This was Eek resident Micha Heakin’s reaction to having running water in his home after service was turned on for the first 27 homes in the southwest Alaska community this summer.

Getting to this stage was a multi-year and multi-agency coordinated effort by Alaska Native Tribal Health Consortium’s Environmental Health and Engineering staff.

“For communities like Eek, with large scale, whole community sanitation utility systems needs, it will always take more time and more resources,” said Kurt Sauers, ANTHC Project Manager. “But providing first-time water services for families is the reason we keep doing the work we do.”

To turn on the water service, final project steps included in-home construction and interior plumbing, a new community water distribution and low-pressure sewer collection systems that

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ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM



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will be constructed by ANTHC with community workers and State and federal funding partners.

This project has been in development since 2005 and gone through many phases. Prior to the current project phase, a new sewage lagoon was built and a new water intake into the Eek River was installed. Previous additions also include a new circulation building and a back-up generator building adjacent to the existing water treatment plant and washeteria.

There are 104 homes in Eek. Construction crews turned water on in the first home on July 10 and since then, they have connected more than 40 homes.

For Eek residents like Heakin and his family, this means that all of the



water for their daily needs – drinking, cooking, hand washing, teeth brushing, bathing — will no longer need to be packed up from the river, ice harvested in the winter or collected from the local watering point. And yes, a flush toilet means no more honey bucket.



The most basic preventative health activities, such as hand washing, can go a long way in improving overall health by reducing the spread of illness, such as respiratory diseases and skin infections. In places like Eek,

performing these activities is more difficult when there is no in-home water service.

So it is no wonder that the community of Eek is extremely

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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.

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MISSION

Providing the highest quality health services in partnership with our people and the Alaska Tribal Health System

VISION

Alaska Native people are the healthiest people in the world

Eek
Continued from page 2

pleased. Bringing such a large and complex collaborative project to fruition has required the efforts of a large portion of ANTHC Environmental Health and Engineering employees including a dedicated field work crew. The project results would not be possible without the strong and talented efforts of Project Manager Steve Wilson, who manages a team of 26 employees, 18 of whom are local residents.

“Seeing the project in Eek reminds me of how much effort it takes to complete a project. There are so many people that touch a project, from securing funds, writing documents, designing, surveying, drawing, setting up the finances, ordering, purchasing, paying bills, shipping, constructing, keeping equipment running, educating, training, etc. It turns out to be an incredible amount of teamwork and planning to build



these projects,” said David Beveridge, ANTHC Environmental Health and Engineering Director of Project Management.

Sauers praised working with Fritz Petluska, City Administrator, and Carlie Beebe, City Mayor, to develop

this project, which will eliminate the honey bucket and bring clean, safe running water to the homes in their community. This successful project will help remove barriers to health and wellness by making adequate water for personal hygiene readily available and

eliminating use of the honey bucket. Funding partners for the project are Indian Health Service, Environmental Protection Agency, State of Alaska and USDA Rural Development Program.

ANTHC is pleased to partner with communities in finding and developing solutions for water and sanitation projects that expand regular access to clean water for community health. Our Environmental Health and Engineering staff’s approach to projects involves developing strong community relationships and training a local workforce to create ownership in the project.

For more information on ANTHC’s construction and engineering work, visit <http://anthc.org/what-we-do/construction-engineering/>.

Suicide Warning and Risk Signs

Suicide is preventable. Warning signs may help identify if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss or change. If you or someone you know exhibits any of these signs, seek help by calling Alaska Statewide Careline at 1-877-266-HELP (4357).

Talk

If a person talks about:

- Being a burden to others
- Feeling trapped
- Experiencing unbearable pain
- Having no reason to live
- Killing himself or herself

Behavior

Specific things to look out for include:

- Increased use of alcohol or drugs
- Looking for a way to kill himself or herself, such as searching online for materials or means
- Acting recklessly
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Reaching out on social media
- Giving away prized possessions
- Aggression

Mood

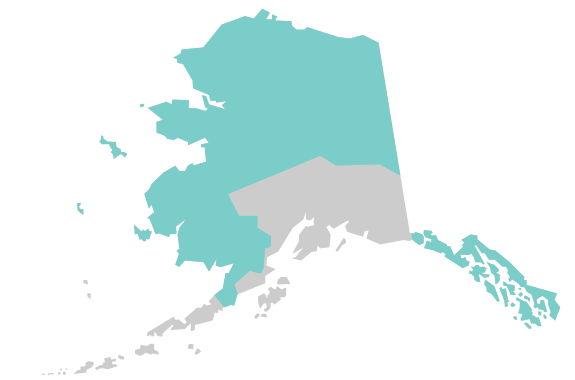
People considering suicide often display one or more of the following moods:

- Depressed
- Bored and detached
- Angry or irritable
- Ashamed
- Anxious
- Sudden, unexplained or seemingly positive mood change



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.
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- Testing for sexually transmitted infections.
- Department of Transportation physical exams.
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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



For more information, visit www.carelinealaska.com.



HEALTH ADVOCACY

Healing blossoms at Garden of Roses-Camp for Girls



The Garden of Roses-Camp for Girls offers a healing space through traditional values for Alaska Native girls ages 8 to 17 who are survivors of sexual abuse. Over three days, July 24-26, girls attending the camp participated in healing circles and connected with their Alaska Native culture through safe, positive activities.

The Garden of Roses-Camp for Girls is sponsored by the Alaska Native Tribal Health Consortium Domestic Violence Prevention Initiative.

Roxanne Frank, Prevention Manager, Tanana Chiefs Conference, said that connecting through culture can help survivors of abuse heal because it helps give them identity. The camp is a positive place because girls participating can share their feelings.

“They know they are not alone and the sexual abuse was not their fault,” added Elsie Boudreau, President of Arctic Winds Healing Winds. “Healing is possible.”

The camp sets out to create a safe place for girls who have suffered abuse. Girls are paired with an advocate, also known as a “big buddy.” Advocates are trained and have extensive experience serving Alaska Native children, adults, families and communities in the field of trauma, sexual assault and child protection.

“I liked how all big buddies were always making us feel very special and letting us know it wasn’t our fault,” a camper responded during a post-camp evaluation. “We are perfectly perfect just the way we are.”

Advocates create a comfortable environment right from the start.

“The introduction is to show that they all – advocates and girls – have things in common, even though they have never met. The healing circles are led by Boudreau and she introduces herself in her Yupik name. When girls who have Native names are able to introduce themselves, they really light up,” said Debbie Demientieff, ANTHC Special Projects Coordinator.

Traditional Doctor, Rita Blumenstein, ANTHC Cultural Ways of Knowing Program Manager, named the Garden of Roses-Camp for Girls. Blumenstein is an advocate and sees the girls as beautiful flowers, who will open up and bloom as they experience healing. The camp helps plant the seeds of the healing process.

This summer was the fifth time the camp has been held. The camp’s

activities encourage positive self-imagery and promote finding inner strength. Healing circles are designed to provide safety, support and encouragement.

It’s not a therapeutic camp in the sense of western medicine – there is no one-on-one counseling. The camp offers support, understanding and a

platform for healing to begin.

“Advocates bring healing hearts with them; a passion to want to help the girls” said Demientieff. “Girls can see and feel their passion and this helps lead a change.”

The camp is not just for survivors of abuse. Guardians also attend the camp but partake in their own

sessions. As a parent or guardian of a survivor of abuse, there is healing and understanding that needs to occur.

Frank said she hopes guardians will leave the camp, “Knowing they have a history and are able to understand about the importance of feeling, expression and share their stories.”

Most importantly, the camp offers a space where no one – girls or their guardians – will feel bad about sharing their experiences.

“What happened to me is not my fault and I am a strong, pretty young lady,” one camper said in a camp evaluation. Another stated: “I learned a lot recently but what stood out to me the most was that it is okay to feel what you want (or have) to feel.”

For more information about the Garden of Roses-Camp for Girls, please contact Debbie Demientieff at dmdemientieff@anthc.org or (907) 729-3795.

THE HEALTHY ALASKA NATIVES FOUNDATION IS PLEASED TO ANNOUNCE THE

11th Annual Raven's Ball

Benefit for Alaska Tribal Health • March 24, 2018

For information on how become a sponsor, donor or volunteer, please contact 907-729-5652 or info@inspiringgoodhealth.org.

SAVE THE DATE

The Alaska Native Tribal Health Consortium invites you to the Alaska Tribal Conference on Environmental Management (ATCEM) on **November 14-17, 2017** at the Hilton in Anchorage, Alaska.

Visit ATCEMak.com for more information.

HEALTHY PEOPLE & PREVENTION

Keep yourself and those around you safe this flu season

As cold and flu season is upon us, it’s time to take precautionary measures to keep ourselves and those around us healthy and safe from infection.

Ensuring you get a flu shot, using antibiotics responsibly and only when needed, and proper hand hygiene will help protect you and those around you.

Flu shots protect everyone

Get your flu vaccine as soon as it is available from your local health care provider. It is important for all people to get vaccinated for the flu to protect ourselves, as well as our family, coworkers and community. In addition, influenza poses a greater risk to certain people like pregnant women, children and Elders – they are all at high risk for flu-related complications.

Many Tribal health organizations are running flu clinics across Alaska. Please check with your local facility for times and dates near you. Anchorage residents can go to the ANMC Anchorage Native Primary Care Center to receive a flu vaccine.

Flu shots will also be available Oct. 19 and 20 at the Health Fair during the Alaska Federation of Natives annual convention at the Dena’ina Center in Anchorage.

Safe antibiotic use makes them more effective

Something else to keep in mind this time of year is the safe use of antibiotics. A common misconception

Six Simple and Smart Facts About Antibiotic Use

- 1. Antibiotics can become ineffective, known as antibiotic resistance**
Inappropriate use or overuse can lead to antibiotic resistance. This means treatment may require stronger medicine and even a hospital stay to get well.
- 2. Antibiotics only treat bacterial infections**
Antibiotics do not treat viruses such as the common cold or flu. If you have a cold, the flu, bronchitis or a sore throat it is most likely caused by a virus.
- 3. It is important to know why you are taking antibiotics**
Ask your health care provider why you are taking antibiotics. Many people take antibiotics when they do not need them. Antibiotics do not work for every illness.
- 4. Washing your hands is the best way to prevent infections**
Hand washing should be done after using the bathroom, before eating and after sneezing or coughing on your hands. Health care providers should wash their hands every time before and after touching a patient.
- 5. Never use or share leftover antibiotics**
Antibiotic use can cause complications and may not treat all infections. Only use antibiotics prescribed for you by a health care provider.
- 6. There are potential risks when taking any prescription drug**
Antibiotic use can cause complications, ranging from an upset stomach to a serious allergic reaction. The health care provider will weigh risks and benefits before prescribing an antibiotic.

Get smart symptom relief tips and tools at www.cdc.gov/getsmart or call 1-800-CDC-INFO

is that colds, influenza, most sore throats, and bronchitis are treatable with antibiotics. Colds and influenza are caused by viruses, not by bacteria, and cannot be treated with antibiotics. Most sore throats and bronchitis are also caused by a virus, but you may need to visit your provider to determine for sure and whether or not you need medication to treat the infection.

Due to overuse, antibiotic resistance

is one of the world’s biggest public health threats and decreasing the inappropriate use of antibiotics is the primary solution to address this threat.

Hand washing is a simple way to stay healthy

This time of year, it is also important to practice proper hand hygiene. You should always wash your hands before, during, and after preparing food; before eating food; before and after

caring for someone who is sick; before and after treating a cut or wound; after using the toilet; after changing diapers or cleaning up a child who has used the toilet; after blowing your nose, coughing, or sneezing; after touching an animal, animal feed, or animal waste; after handling pet food or pet treats; and after touching garbage.

How should you wash your hands? **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap; **lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails; **scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice; **rinse** your hands well under clean, running water; and dry your hands using a clean towel or air dry them.

If you don’t have clean, running water available to wash your hands, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol. To effectively use a hand sanitizer, apply the product to the palm of one hand (read the label to learn the correct amount); rub your hands together; and rub the product over all surfaces of your hands and fingers until your hands are dry.

Following these tips will help to ensure a safe winter season for you and those around you.

Stay informed!
Stay healthy!
Stay engaged!
Connect with ANTHC online!

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ANTHC Injury Prevention and Behavioral Health presents

THRIVE!

Live Comedy Event featuring comedy troupe **The 1491s**
Inspiring wellness through Native humor, art & media

November 29 from 6 to 8:30 p.m.
Anchorage Marriott Downtown

Tickets available at www.inspiringgoodhealth.org
Family friendly, non-alcohol event

HEALTHY HOMES & COMMUNITIES

Newtok begins community move ahead of river erosion

On Aug. 10, the southwest Alaska village of Newtok hosted a ribbon-cutting ceremony at its new location, Mertarvik. Due to frequent storm-driven erosion, the community is moving in order to ensure the sustainability, safety and future of the community. The celebration signified progress on a project that has been, and continues to be, years in the making. This summer, five homes, a construction camp and a roughly two-mile road to a rock quarry are being developed. The community of Newtok is working with a variety of regional, state, federal and international partners to implement the project, including ANTHC.



Newtok faces frequent storm-driven erosion. The move to Mertarvik will help ensure the sustainability and safety of the community.



Newtok Water Plant Operator Alexie Kilongak evaluates the community's water supply.



ANTHC Senior Project Manager Jackie Schaeffer shows the Charles family the Air Matters Toolkit. The ANTHC Healthy Homes program distributed toolkits and provided indoor air quality training to 58 homes.



Two photos above: At a community meeting, Newtok Village Council and ANTHC staff engage community members about the planned relocation efforts.



Above: Mark and Mary George relax on the front steps of their new home. The couple are two of the handful of people to move into the new homes at the Mertarvik site.



Blueberry patches cover the hillside overlooking the Mertarvik location and will provide bountiful harvests for the community's subsistence lifestyle.



Right: Construction crews are hard at work to build new homes for the relocation efforts.



Newtok faces frequent storm-driven erosion. The move to Mertarvik will help ensure the sustainability and safety of the community.



Construction at the community's new location, Mertarvik.



The George family enjoys a traditional snack of hardboiled eggs.



View from above, the community of Newtok is connected by boardwalk.



Cutting the ribbon on the Mertarvik location where the Newtok community will move: (L to R) Joel Neimeyer, Federal Co-Chair, Denali Commission; Larry Hartig, Commissioner of Environmental Conservation, State of Alaska; Jimmy Charles, President, Newtok Native Corporation; Paul Charles, President, Newtok Village Council; Lynn Polacca, Acting Regional Director, Bureau of Indian Affairs; and Shawn Duthie, Team Leader, HUD.



On the final day of school, schoolchildren helped clean and pick up trash in the community.



Aerial view of Mertarvik, nine miles downriver to Nelson Island, the planned relocation site of the community of Newtok.

HEALTH RESEARCH & DATA

Q&A with the ANTHC Research Department

What guides research at ANTHC?

Research at ANTHC addresses the health and well-being of Alaska Native people. The goal of ANTHC research is to provide information that will lead to healthier Alaska Native communities. Our researchers study trends and develop solutions for priority health problems. This is done in partnership with Tribal health organizations and communities.

ANTHC researchers also study factors that influence the health of Alaska Native families, such as the importance of clean water access in reducing communicable disease, how cancer screening and prevention can reduce cancer deaths for Alaska Native people, and how our traditional foods and environment impact our physical health.

What is research?

Research is a careful study to find facts and make conclusions. The goal of research is to add to our general knowledge about an issue.

How are Alaska Native research projects approved?

All research studies with Alaska Native people must be reviewed and approved before the study can start. Before any study can begin, the lead researcher sends the study protocol to the Alaska Area Institutional Review Board (AAIRB). The AAIRB is made up of volunteers, including several Alaska Native people, who review and approve research studies. These volunteers represent many points of view that can be considered in a research study. The AAIRB will review research protocols to make sure researchers follow federal rules that protect research participants.

The protocol explains exactly what the study is about; describes how participants will be identified; explains how people will be recruited and contacted; details what information

people will be asked to share; and, explains how their information will be shared and protected.

The role of the AAIRB is to weigh the risks and benefits for people participating in a research study and to ensure that their rights are protected. The AAIRB also asks questions about how this study will inform the health of Alaska Native people.

After the AAIRB, the study protocol goes to the ANTHC Health Research and Review Committee (HRRC) for approval. The HRRC is an ANTHC

Board committee. Approvals are also required from the other Tribal health organizations if the study includes people from their region.

Where do ideas from research come from?

Ideas for research studies come from many places. Sometimes communities find problems and ask for help to solve them. Sometimes problems are found when health data are reviewed. Whatever the reasons for a study, the goal of the research should always

be to promote health so that Alaska Native people are the healthiest people in the world.

How do I get more information about research at ANTHC?

If you have ideas for a research study or questions about research at ANTHC, please contact Dr. Timothy Thomas, ANTHC Research Director by phone at (907) 729-3095 or email at tkthomas@anthc.org.

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HEALTHY TRADITIONS

Traditional foods can help get more fruits and vegetables on your plate

Earlier this year, 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. This funding allowed the Health Promotion program to travel to nine Food Distribution Program on Indian Reservations (FDPIR) communities for nutrition education events. The events were designed to help promote healthy eating habits, encourage the use of more fruits and vegetables and share new recipes.

The Health Promotion program recently used the information and recipes collected at each of the nine nutrition education events to create a Nutrition Education Guide for Fruits and Vegetables for FDPIR participants. The guide summarizes nutrition education and topics shared at these events into a handy kitchen resource for FDPIR participants and their families. The project was developed following selected components of the 2015-2020 Dietary Guidelines for Americans to help increase fruit and vegetable consumption by "Making Half Your Plate Fruits & Vegetables." The Nutrition Education Guides will be provided to each FDPIR household. Thank you to the Tribal agencies,



BENEFITS OF HARVESTING & EATING TRADITIONAL FOODS

- Important part of our culture
- Connects us with nature
- Encourages community sharing
- Teaches survival skills
- Contributes to our children's education
- Teaches respect for animal and human life
- Provides skills in food preservation and preparation
- Increases physical activity
- Can help reduce stress
- Foods are rich in healthy fats, proteins and nutrients
- Foods are low in sugar and salt
- Foods contain no chemicals and additives
- Can reduce risk for chronic disease

FDPIR program administrators, FDPIR participants, and community members in the villages of Buckland, Craig, Haines, Hydaburg, Kalskag, Kiana, Klawock, Kwethluk and Metlakatla for their efforts and

participation in hosting community nutrition education socials, potlucks and recipe contests. Also, many thanks to the individuals who gave ANTHC permission to publish their recipes. The Nutrition Education Guide is

dedicated to the Alaska Native people in hopes of supporting food security and optimal nutrition to help achieve ANTHC's vision that Alaska Native people are the healthiest people in the world.

ALASKAN PLANTS IN WINTER

First frost and winter is a time that plants prepare for dormancy and store their nutrients into their roots.

While limited, plants to harvest through the winter include:

- Cranberry
- Highbush cranberry
- Crowberry
- Labrador tea
- Beach lovage seeds
- Lamb's quarters seeds
- Pond lily seeds
- Wild potato
- Indian rice
- Silverweed

Important reminder:

Always learn to identify, harvest and preserve with an Elder or plant expert. Know your plants well. Many plants have look-alikes that can be toxic and even poisonous.

Special note:

These seasonal lists of Alaskan plants do not cover all plants throughout the entire state of Alaska, but are a good starting point in the process of reestablishing our cultural relationship with the use of plants.

HEALTH TRAINING & EDUCATION

Winter travel and snowmachine safety tips

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

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

Dress in layers: To stay warm and prevent frostbite, wear layers. It is recommended that your first layer of clothing be made of material that dries quickly and allows your body to breathe. Be sure to wear an insulated winter jacket and bibs or snow pants that are windproof and waterproof to protect yourself from the cold, wind, rain and snow. You should also wear gloves, socks and winter boots appropriate for cold weather travel.

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

Tips for safe winter travel

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



IMMUNIZATIONS: THE FACTS

ANTHC'S Immunization Program works to achieve high immunization coverage rates in all Alaska Native communities and eliminate vaccine-preventable diseases.



VACCINES SAVE LIVES!

Before vaccines, many children and adults died of preventable diseases.

VACCINES ARE SAFE & EFFECTIVE!

Alaska Native communities used to have one of the highest infection rates of Hepatitis B in the United States. Now, we have one of the lowest rates thanks to vaccine.



THERE IS STRENGTH IN NUMBERS!

Vaccines work best when most people within a community get vaccinated.

VACCINES ARE PART OF ALASKA'S HISTORY!

The Iditarod sled dog race was inspired by a sled dog relay carrying antitoxin serum to Nome to help control an outbreak of the vaccine-preventable disease diphtheria in 1925.



For more information, visit www.anthc.org/immunizations.

HEALTH TECHNOLOGY SERVICES

MyHealth: Your portal to wellness

Patients now have greater access to their limited health record and health care team thanks to MyHealth.

MyHealth is a health management tool provided by Cerner® and a way for patients to access some of their health records online. MyHealth is Health Insurance Portability and Accountability Act of 1996 (HIPAA) compliant and provides you with the ability to securely view, store, and share your health information, and conveniently communicate with your health care provider.

Organizations of the Alaska Tribal Health System that will utilize MyHealth include: Alaska Native Medical Center; Aleutian Pribilof Islands Association; Chugachmiut;

Copper River Native Association; Eastern Aleutian Tribes; Kenaitze Indian Tribe; Kodiak Area Native Association; Mount Sanford Tribal Consortium; Native Village of Eklutna; Norton Sound Health Corporation; Southcentral Foundation; and Southeast Alaska Regional Health Consortium.

MyHealth provides access to parts of your health record but not information related to your treatment. Users can view the following online:

- Clinical record summary (allergies, immunizations, health issues, discharge summary, surgeries and procedures)
- Limited lab results (excluding sensitive test results or results that

may require further discussion with your provider)

- Limited personal information
- Clinical document generator (a snapshot of medical information for a single visit or all visits)

You should not rely on MyHealth for full and complete access to your health record. If you need a copy of your complete medical record, contact your medical provider.

Secure messaging

An added benefit of registering for MyHealth is the secure messaging feature, which allows users to conveniently communicate with health care professionals. Users can also send a request to schedule appointments and request to cancel appointments.

Please keep the following in mind when using secure messaging:

- Secure messaging is for routine health related inquiries only
- If you require immediate assistance or are experiencing a medical emergency, please use the emergency system created for your community (for example, call 911)

Some users will recognize MyHealth because of its former name, myANMC. If you would like to sign up for a MyHealth account, speak with the front desk staff of your medical provider at your next appointment. For more information, visit anmc.org/patients-visitors/myhealth/.

HEALTH TRAINING & EDUCATION

Stay warm and save energy – home energy savings tips

The winter months in Alaska come with more hours of darkness and cold, and harsh weather conditions that can be tough on your home. It can be challenging to stay warm and protected from the elements. ANTHC's Rural Energy Initiative program has several tips that can help you not only keep warm as winter approaches, but save money by reducing the use of energy.

Winter energy tip #1: Check your air vents and radiators

Air circulation is key to making sure your home gets properly heated in the winter time. Make sure vents and radiators aren't being blocked by furniture or drapes. Blocked vents and radiators not only keep the warm air from getting into your house, but they could potentially be fire hazards. Also, be sure to clean out your baseboard units of dirt and dust that may have accumulated as it can restrict the flow of warm air into your rooms.

Winter energy tip #2: Weatherize your doors and windows

Air leakage is one of the toughest

things to overcome when heating your home. Air leaks through the door seals, around window frames, electrical outlets and light switches. Make sure any cracks or gaps around your doors and windows are properly sealed to keep cold air from getting into your house. You can use caulking to seal the window frames and general purpose weather stripping around your doors. Also consider door draft guards to slide under doors.

Winter energy tip #3: Save electricity costs by turning off lights

During the darker winter months, we tend to keep the lights on for longer periods of time. It can become habit to turn on more lights than needed and forget to turn them off. Be mindful of where you are using lights and be active in turning anything off that you don't need. You can also replace the bulbs in your most frequently used rooms with more energy efficient bulbs such as light emitting diode (LED) bulbs or install occupancy sensors which will automatically shut off lights if you are not actively in the space.

2017 ANTHC Annual Meeting



Monday, November 27 at noon Dena'ina Center, Anchorage, AK

Every day, ANTHC staff provide life-changing health services and improve access to care for Alaska Native people around our state. Please join ANTHC's Board of Directors and leadership team to learn more about our work at the ANTHC Annual meeting. To help offset travel costs, a \$500 travel reimbursement will be issued to each tribal government represented.

For more information, call (907) 729-1915, visit anthc.org or look for updates in the mail.



HEALTH ADVOCACY

I already have IHS care at my Tribal health clinic. Why do I need health insurance?

The Indian Health Service is not health insurance. IHS provides many services, but it may not cover all your health care needs. There may be times when you need certain care that is not covered under IHS services at our Tribal hospitals or health clinics.

Many American Indian and Alaska Native people qualify for health

insurance through Medicaid, Denali KidCare and the Health Insurance Marketplace. New health insurance options can give you the peace of mind knowing you are covered. When you have insurance, you can still get care from your Tribal health facility. Your Tribal health provider can bill your new insurance for services, making

more health care resources available for more people.

Do you want health insurance paid for you?

The Tribally-Sponsored Health Insurance Program (T-SHIP) pays for health insurance for you if you qualify.

Where can I get more information and sign up?

Visit anthc.org/tship/contact to find the contact in your area. T-SHIP staff will see if you are eligible and help you with enrollment.

Healthy Foods, Healthy Recipes: Seal Posole

Seal is a great source of protein, iron and vitamin A.



SEAL POSOLE

INGREDIENTS

- 3 tablespoons olive or canola oil
- 2 pounds seal meat, cut into ½-inch cubes
- 1 cup orange juice
- 2 teaspoons cumin, ground
- 2 teaspoons chili powder
- 4 cups water
- 1 can (15 ounces) mixed vegetables, drained
- 1 can (15 ounces) hominy, drained

PREPARATION

1. Heat olive or canola oil in pan over medium heat; sear cubed seal meat.
2. Add orange juice and continue heating until reduced by half.
3. Add spices; when you can smell spices, add water and simmer for one hour.
4. When seal is tender, add vegetables and hominy; stir to warm.

Seal is a delicacy among Alaska Native people who harvest it year round. Some prefer to hunt seal in the early spring when they are fattest and will render the most seal oil.

The meat of a seal is a dark, red-black color and can be cooked in any regular meat dish, stewed, fried or eaten plain. Almost every part of the seal is eaten.

Our vision is that Alaska Native people are the healthiest people in the world. Learn more at www.anthc.org.



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