



THE

Mukluk Telegraph

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

JULY - SEPTEMBER 2015

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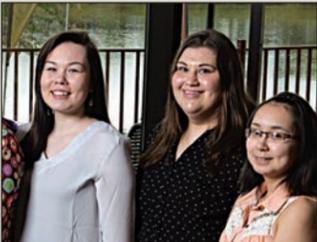
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KPB ARCHITECTS

Patient housing groundbreaking celebrates increased access to care

On May 20, the Alaska Native Tribal Health Consortium celebrated the ceremonial groundbreaking of the new 202-room patient housing facility. This project is an important milestone to offer increased access to care and services at the Alaska Native Medical Center (ANMC) for our people traveling to Anchorage.

The new patient housing facility will open for patients in Fall 2016 and is designed to be a home away from home for patients traveling to receive care at the ANMC. More than half of ANMC patients travel to Anchorage for care and services. Ensuring convenient and available lodging eases the travel barriers to access to care for Alaska Native people statewide.

Currently, hundreds of patients are hosted at hotels spread out across Anchorage and the associated costs and logistics are carried by both patients and the Tribal health system in time, frustration and real dollars. The value of the new

patient housing facility will be immediate realized in the quality of care that ANTHC is able to provide.

The 202-room facility, including more than 30 dedicated rooms for pre-maternal patients and families, will be connected to the ANMC hospital via sky-bridge. The housing allows ANTHC to improve access, expand health care services, and enhance the continuity of care for patients. This is especially important for expectant mothers with high-risk pregnancies; cancer patients requiring infusion and radiation therapy; patients needing outpatient specialty medical care; and children and Elders who are receiving care.

This is one part of ANTHC's overall strategy to provide increased access to care and convenient and available lodging in pursuit of our vision that Alaska Native people are the healthiest people in the world.

SEE INCREASED ACCESS, PAGE 12 ►

Kids Don't Float: Yukon-Kuskokwim communities complete drowning prevention training in time for summer

Summer means more time spent in and around the water for many Alaskans. Though the weather is warmer, Alaska waters can still be cold and the risk of drowning is greater. Even the strongest swimmers and long time boaters benefit from wearing a personal flotation device or life jacket when boating and spending time near water.

Thanks to a partnership between the ANTHC Injury Prevention Program, the U.S. Coast Guard and the State of Alaska Office of Boating Safety, 30 villages in the Yukon-Kuskokwim region learned about the importance of life jackets for drowning prevention this spring. Using lessons from the "Kids Don't Float" education program, the U.S. Coast Guard visited each community to deliver the training in person on cold water survival, boat preparation and choosing and using the right life jacket.

The Kids Don't Float training was designed to meet the needs of each community. Villages that participated in the training include: Bethel, Newtok, Emmonak, Kotlik, Marshall, Russian Mission, Mountain Village, Saint Mary's, Napakiak, Kasigluk, Nightmute, Toksook

Boating safety tips from ANTHC Injury Prevention Program

As the weather gets warmer and boat travel is once again possible, ANTHC's Injury Prevention Program reminds our people to be safe in and around the water.

Key tips for safe boating:

- 1) Always wear a properly fitted life jacket.
- 2) Carry a communication and signaling device on your person.
- 3) Do not overload the boat.
- 4) File a float plan - tell someone where you are going and when you plan to return. Use the tools at www.pledgetolive.com.
- 5) Be responsible - don't use alcohol while boating or when you are in or near water.

Bay, Chefornak, Kipnuk, Eek, Tuntutuliak, Kongiganak, Kwigillingok, Mekoryuk, Tununak, Platinum, Goodnews Bay, Pilot Station, Quinhagak, Napaskiak, Kwethluk, Hooper Bay, Scammon Bay, Alakanuk and Nunam Iqua.

Look for posters and information on drowning prevention provided by ANTHC in your community. You can help share the boating safety message with this YouTube public service announcement: https://youtu.be/_go8r3neVBM. Learn more from the Office of Boating Safety at <http://dnr.alaska.gov/parks/boating/>.



State of Alaska - Office of Boating Safety
www.alaskaboatingsafety.org

- Education
- Training
- Resources



WATER SAFETY TIPS:

- Always wear a properly fitted life jacket
- Carry a communication and signaling device on your person (ex. VHF marine radio and whistle)
- Do not overload the boat
- File a float plan - tell someone where you are going and when you plan to return
See: www.pledgetolive.com
- Be responsible - don't use alcohol while boating or when you're in or near water

Injury Prevention Program
(P) 907-729-3799/3513
www.anthctoday.org



"Alaska Natives are the Healthiest People in the World"

Tweet, Tweet! Follow ANTHC on Twitter @ANTHCToday

Informed and inspired!



Put the pulse of Alaska Native health in your hands with **We Are Getting Healthier** and **Hot Topics in Alaska Native Health**, two popular publications created by the Alaska Native Tribal Health Consortium. The publications provide information, trends and tips to help our people stay informed and live healthier.

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

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.

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MISSION

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

VISION

Alaska Native people are the healthiest people in the world

VALUES

Achieving excellence
Native self-determination
Treat with respect and integrity
Health and wellness
Compassion

Alaska youth host wellness fair for family and friends



ANTHC staff teach youth about food options for fiber and protein.



Students ready to teach health lessons they learned.

More than 50 elementary students participated in the first student-led family wellness fair planned by Alaska Native Medical Center and Camp Fire Alaska in Anchorage this spring.

The project was part of an initiative to combine efforts to engage youth and families in a meaningful way with important health messages, such as making healthy food choices and getting enough exercise.

The event was an opportunity for our youth to actively participate in learning health information from the ANTHC Diabetes Program.

Four Camp Fire after-school sites participated in the project over about a month. All students started by learning about energy balance; then each site moved into a separate but related topic, such as reading food labels and balancing the food groups.

ANMC provided presenters at each site to lead students in a hands-on activity to supplement the curricula, and students used this experience to create their own display for the finale event—a student-led health fair for family and friends.

Students surpassed expectations with fun, creative ways to showcase what they learned, including team t-shirts, making up a new dance and designing interactive display boards.

“It was exciting to teach the kids about things like fiber and serving sizes—and then hear them, two weeks later, share these very same messages,” said ANTHC Diabetes Prevention Educator and registered dietician Luz Smeenck. “They’re talking to their parents and friends



Students teach families and guests about health and wellness.

about fiber. They’re exploring new tastes and textures...and they like them!”

One group spent its time learning how to plan and coordinate a wellness event and was responsible for hosting the fair. ANMC staffed additional booths, and several other organizations were invited, as well, to round out the event and offer a

broader range of information and resources to guests.

More than 100 total students, friends and family members attended. Staff said the event helped students learn about health topics, articulate health information to others and work together to achieve a common goal.

Healthy tips for youth and families

These tips are just some of the lessons learned by the youth wellness fair participants:

- 1) Keep a healthy body balance with the Energy Balance: Take the right amount of food and drink energy in and send energy out with daily activity and regular physical fitness.
- 2) Nutrients are the parts of food that the body needs to grow and be healthy. Healthy foods (like milk, fruits and vegetables) are packed with nutrients. Junk foods (like chips and soda pop) have lots of calories but few nutrients.
- 3) Food labels help us understand the nutrients, calories and sugar content of foods. Knowing the differences between foods can help us make healthy choices.

Learn more at ChooseMyPlate.Gov.

4TH ANNUAL

Golf Classic

TEERING OFF FOR TRIBAL HEALTH

July 24, 2015

MOOSE RUN GOLF COURSE, JOINT BASE ELMENDORF-RICHARDSON

Cool treats for hot days

As a complimentary offering for our guests in Inpatient Pediatrics and Family Birthing Services, the ANMC Cafeteria recently rolled out an ice cream cart that visits the units several afternoons each week, handing out ice cream and sorbet to our young patients and new moms and their families. “The kids were so excited to see the ice cream cart,” said Cynthia Davis, General Manager of NANA Management Services at ANMC, the contractor that operates the cafeteria. “It’s the little things that can make a big difference in a patient’s experience.”



Marshall Mack getting a cool treat at ANMC.



Above: Cafeteria employees Myana Woodard and Barbara Janitscheck getting ready to make their rounds with the ice cream cart.



Left: Myana Woodard giving new mom Pearl Gransbury a chocolate cone.

Tribally-Sponsored Health Insurance Open for New Enrollees



Do you want health insurance paid for you?

The Tribally-Sponsored Health Insurance Program may pay for health insurance for you if you qualify. All IHS eligible individuals who meet the criteria below can enroll – you do not need to be a member of a federally recognized tribe or an ANCSA shareholder.

How do I qualify?

You and your family can get Tribally Sponsored Health Insurance if you:

- Are a resident of the state of Alaska
- Are eligible for services at a Tribal health clinic/facility
- Are not covered by or eligible for Medicare, Medicaid (Denali Care), Denali KidCare, Veterans Health, or health insurance through an employer
- Estimate your 2015 income will be within the guidelines at left

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.

If your family has:	You are eligible if your income is above this amount:	And below this amount:
1 person	\$14,580 a year	\$43,740 a year
2 people	\$19,660 a year	\$58,980 a year
3 people	\$24,740 a year	\$74,220 a year
4 people*	\$29,820 a year	\$89,460 a year

*Amounts increase for larger families



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

Successful Camp Coho provides grief support for children after cancer loss

A cancer diagnosis impacts not only the individuals diagnosed but entire families and support systems. When a loved one dies, there are few grief support resources available to families living in our rural communities. To address the need for grief support for young children aged 6 to 12, the ANTHC Cancer Program created a one-day grief camp called Camp Coho.

Funded by ANTHC's Healthy Alaska Natives Foundation, the Cancer Program offered the third Camp Coho on Saturday, April 11 in Anchorage. Ten children from across the state attended this year's camp. The camp includes two main activities to support children in understanding their feelings of loss and grief: healing circles and creation of a memory box to honor his or her loved one who has died.

Key staff involved in the camp include the healing circle facilitator and Big Buddies, who are volunteers matched with each child to provide one-on-one support during the camp.

Tina Woods, Ph.D. in Clinical-Community Psychology with a Rural Indigenous Emphasis, of

SouthEast Alaska Regional Health Consortium's Behavioral Health department, has been involved in past camps and facilitates the healing circle discussions with the children.

She said, "Being a part of Camp Coho is such an honor. Children are often underestimated for their ability to grieve and deal with the death of a loved one. Camp Coho is uniquely designed to allow children a safe space during the Healing Circle to articulate their feelings in words. Afterwards, they are able to express themselves through play and games together. They learn that they are not alone and that other children may also experience similar feelings. One child stated, 'I have learned that I am going to be okay; this pain won't hurt so badly in time.' This year's camp ended with heartfelt inspiration during the final Healing Circle when two children volunteered to close with a prayer including thanking the Creator for the people that want to help others."

The Cancer Program works with regional Behavioral Health Programs to follow up with families

and ensure that they are provided with options for access to additional care for their children if desired.

In addition to the Healthy Alaska Natives Foundation, the Cancer Program thanks donors Project Linus for fleece blankets for each child and Muldoon Pizza and Alaska Magazine for materials used

during the day. Regions interested in hosting a Camp Coho are encouraged to contact the ANTHC Cancer Program at cancer@anthc.org. To support programs such as this, donate at www.inspiringgoodhealth.org.

Don't flush any wipes— save our pipes

Pre-moistened body wipes are gaining popularity, and with that come clogged pipes as a result of these wipes being flushed down toilets. In the past several months, ANMC had several clogs and what was found in these clogs were masses of moistened "flushable" wipes. Many brands of these wipes are marketed as being flushable, but that is not the case. These "flushable" wipes aren't really flushable.

Toilet paper is designed to disintegrate in water, making it fine to flush down the toilet. Moistened wipes; however, are not designed the same way and do not disintegrate in water, often times clumping together in masses and forming a clog.

"Toilet paper disintegrates almost immediately, but the strong-fiber wipes wreak havoc on pipes and city sewer systems," said LeeAnn Garrick, ANTHC Director of Strategic Access and Development.

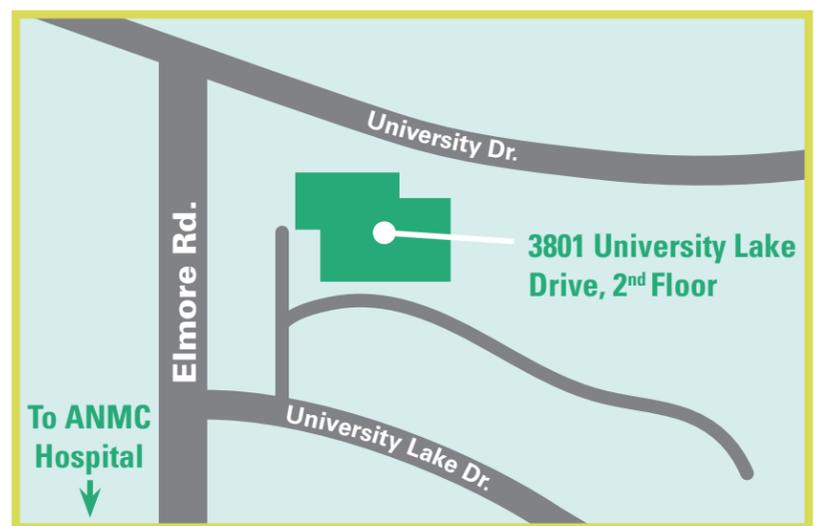
We still have the occasional wipes incident but the frequency has decreased. Our nurses are being trained regularly and are doing a good job of throwing wipes in the trash instead of flushing. ANMC's Facilities team is also installing signage in every patient bathroom reminding our staff, patients and their guests to not flush any wipes.

"Staff has been trained not to flush any kind of wipe down the toilet, and we want to make sure we give the same information to our patients and their visitors," said Garrick. "If you are visiting a loved one at ANMC and use moistened wipes, please throw them in the trash when you're done. Do not flush them down the toilet."

We recommend you do the same at your home to save yourself from dealing with the hassle and expense of clogged pipes or a damaged septic system.

ANMC's ENT, Audiology and Ophthalmology Clinics have moved!

The ANMC ENT, Audiology and Ophthalmology Clinics are in a new location to better serve our people.



New location:

The ANMC ENT, Audiology and Ophthalmology Clinics have moved into a medical building at 3801 University Lake Drive. The clinics are located on the second floor of the building. Our phone number remains (907) 729-1400 and our hours of operation are 8 a.m.-4:30 p.m. Monday-Friday.

Why the move?

As ANMC's population grows and the need for services increases, we decided to move into increased space to meet the needs of our people from across Alaska. The new location for the ENT, Audiology and Ophthalmology Clinics allows us to better serve our people.

Directions from the hospital:

1. From Diplomacy Drive, turn right on Tudor Centre Drive
2. Turn left on Ambassador Drive
3. Turn right on Elmore Road
4. Go through the roundabout and then take the first right on University Lake Drive
5. The clinic is located in the first building on the left (2nd floor), 3801 University Lake Drive



ALASKA NATIVE MEDICAL CENTER



The Alaska Native Medical Center is jointly owned and managed by the Alaska Native Tribal Health Consortium and Southcentral Foundation.

ANMC Clean — Report housekeeping issues

We want your experience at ANMC to be pleasant and meet our standards for excellence. If you see any housekeeping issues that need to be addressed, contact:

ANMC Housekeeping
(907) 729-3092

or
ANMC Customer Experience
(907) 729-3990

Special report: The tobacco epidemic in Alaska

How ANTHC is helping end tobacco use for Alaska Native people

Alaska has made great strides in reducing tobacco use over the years, but to this day, tobacco is still the number one preventable cause of death and disease in Alaska and across the nation. Approximately 600 Alaskans die every year from direct tobacco use; this is more than deaths from suicide, motor vehicle crashes, chronic liver disease and cirrhosis, homicide, HIV/AIDS and influenza combined. Among Alaska Native people, more than 1 in 3 adults (38 percent) are current smokers and 19 percent of Alaska Native high school students reported current smoking. Since the first Surgeon General's Report in 1964, evidence regarding the harmful effects of direct tobacco use and exposure to secondhand smoke has increased greatly. Today, smoking can be linked to 32 percent of all coronary heart disease deaths, 97 percent of all lung cancer deaths, and 79 percent of all cases of chronic obstructive pulmonary disease, yet every one of these deaths and diseases can be prevented.

According to the Centers for Disease Control and Prevention, coordinated efforts that combine educational, clinical, policy, and price increase interventions are proven to decrease tobacco use. More specifically, interventions may include asking every patient about their tobacco use status; reducing the cost of tobacco treatment; implementing tobacco-free workplace policies; and developing mass media campaigns to educate about the harmful effects of tobacco use.

Read more about the work that the ANTHC Tobacco Prevention and Control Program is doing to protect the health of our people.

Advocacy: Public health solutions for a tobacco-free Alaska

As tobacco use among Alaska Native people remains stubbornly high, many communities and organizations across the state are using public health policy solutions as an effective means to curb tobacco use. Policy solutions include smoke-free laws, tobacco-free



Adult smoking rates continue to be an issue for our people.

school policies, smoke-free housing policies and tobacco tax increases. Policy solutions are proven public health strategies to reduce tobacco use and eliminate exposure to secondhand smoke. ANTHC is supportive of these efforts and adopted its own tobacco-free workplace policy in 2006.

■ **Smoke-free Communities:**

In 1998, Bethel became the first Alaska community to pass a smoke-free workplace ordinance, eliminating smoking in all public workplaces. Since then, communities from every corner of the state have followed Bethel's lead. Palmer, Anchorage, Nome, Sitka, Barrow, Juneau, Dillingham, Haines, Klawock, Petersburg, Skagway and Unalaska all have smoke-free workplace laws. This means that about 50 percent of Alaska's population is covered by smoke-free workplace laws. Villages across Alaska have taken it a step further by passing their own smoke-free and tobacco-free workplace resolutions, which eliminate smoking and tobacco use in or on Tribally-owned property. Currently, 108 of Alaska's 225 tribes have passed a smoke-free or tobacco-free workplace resolution.

■ **Tobacco-free Schools:** Alaska has made great strides in reducing tobacco use among youth. Alaska's high school youth smoking rate has declined a whopping 70 percent, or 10,825 fewer youth smokers, since 1995. To demonstrate the importance of declining tobacco use, school districts across Alaska have made it a priority to make their campuses 100 percent tobacco-free. Currently, 29 out of the 54 school districts in Alaska have adopted a comprehensive tobacco-free campus policy which

eliminates smoking and smokeless tobacco use by students, employees, contractors and visitors on all school property.

More info

For information about quitting tobacco, contact:

Alaska Tobacco Quit Line

1-800-QUIT-NOW

alaskaquitline.com

or

ANTHC Tobacco Prevention and Control Program

anthc.org/chs/wp/tobacco/

■ **Smoke-free Housing:** The proportion of Alaska Native adults who reported that smoking is not allowed anywhere in their homes increased from 81 percent in 2001 to 93 percent in 2011. Today, housing authorities also realize the health and economic benefits of making their properties smoke-free. Currently, 10 housing authorities in Alaska are completely smoke-free and many more are considering similar policies.

■ **Tobacco Tax Increases:**

Increases in cigarette prices have been shown to reduce the initiation, prevalence, and intensity of smoking among youth and young adults, according to the 2012 U.S. Surgeon General's Report on Youth and Young Adult Smoking. In Alaska, local tobacco taxes have been raised in several communities. In 2012-13, Bethel and the Mat-Su Borough increased their cigarette taxes to \$2.21 and other tobacco products are now taxed at 45 percent of the wholesale price. Today, communities such as Petersburg and Juneau have taken their efforts a step further by including taxation on e-cigarettes as well.

Policies such as these are one

part of the solution to reduce tobacco-use among our Alaska Native people and combat the number one preventable cause of death and disease. Overall adult smoking has decreased 25 percent since 1996 and overall youth smoking decreased 70 percent since 1995, yet we still see dramatic disparities in smoking prevalence among Alaska Native youth and adults. ANTHC supports Tribes considering smoke-free or tobacco-free resolutions and advocates for a statewide comprehensive smoke-free workplace law for all Alaskans.

Understanding emerging threats: E-cigarettes and new tobacco products

Each day, more than 3,200 people younger than 18 years of age smoke their first cigarette and the tobacco industry is using old marketing tactics for new products. Evidence indicates that the more young people are exposed to cigarette advertising and promotional activities, the more likely they are to smoke, according to the Centers for Disease Control and Prevention, Office on Smoking and Health. Electronic Nicotine Delivery Systems (ENDS), commonly known as e-cigarettes, are some of the newer products on the market that using old marketing tactics to appeal to youth and first-time smokers. E-cigarettes products come in appealing fruit and candy flavors and use messages of rebellion, glamour, technology and false safety that the U.S. Surgeon General has found to lead to youth smoking, according to findings in the report Preventing Tobacco Use Among Youth and Young Adults.

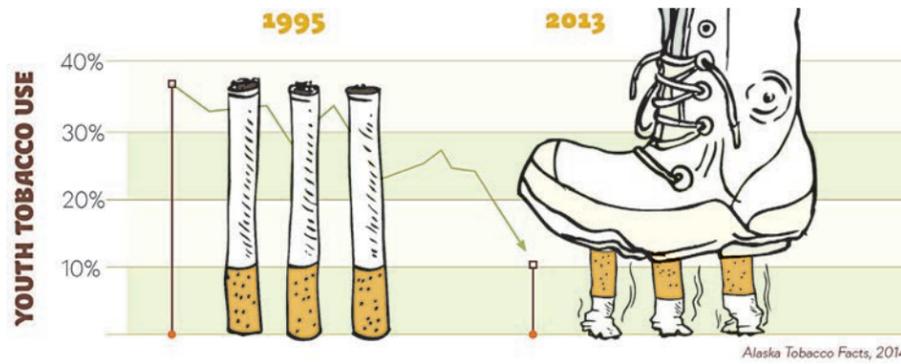
ENDS are battery-powered devices that provide varying doses of nicotine and other additives to the user in an aerosol. ENDS come in various forms including e-cigarettes, e-hookahs, hookah pens, vape pens, and e-cigars. ENDS are currently unregulated by the U.S. Food and Drug Administration (FDA) which means they are not required to comply with the same regulations placed on traditional cigarettes and smokeless tobacco products.

There is increasing evidence that indicates the negative impact of these products, including: ENDS contain varying levels of nicotine which can initiate and/or prolong nicotine addiction; ingestion or skin contact with the nicotine solution from a cartridge can lead to nicotine poisoning; and there is a presence of heavy metals and carcinogens in e-cigarette aerosol. Exposure to the e-cigarette aerosol also has the potential to cause eye, throat and airway irritation, according to a report from the Alaska Department of Health and Social Services.

Another concern with ENDS is that although marketed as a tobacco cessation device, they have not been tested by the FDA as an effective method to help tobacco users quit. Proven tobacco cessation products such as Nicotine Replacement Therapy provide controlled doses of nicotine and have been tested and regulated for effectiveness.

The use of ENDS among youth is one of the emerging tobacco threats for our people. Although overall youth smoking rates have decreased in Alaska, nationally, e-cigarette use among middle and high school students tripled from 2013 to 2014. This trend is concerning for Alaska's youth because it has the potential to set back much of the progress that has been made in decreasing tobacco use.

ANTHC recognizes the public health concerns of ENDS and is committed to putting measures in place to prevent youth from ever starting to use tobacco-related products, and to eliminating exposure to all forms of secondhand tobacco smoke including secondhand aerosol on the ANMC campus. Therefore in 2014, the ANMC tobacco-free campus policy was updated to include coverage of electronic cigarettes.



Youth tobacco use rates have dropped significantly since 1995.

When you visit your health care provider at ANMC or other Tribal health facility, you will be asked about your current tobacco use because we care about your health and want to encourage you to quit tobacco.

Tribal health care providers play a critical role in helping Alaskans quit tobacco. Whether it be a hospital, specialty care clinic, rural health center or behavioral health setting, the simple act of asking about tobacco use during a patient visit and introducing tobacco quit programs can be a successful start to treatment for tobacco use and dependence. Evidence from the Centers for Disease Control and Prevention indicates that screening for tobacco use and providing an intervention is one of the most effective clinical services when it comes to reducing health care costs and increasing patient quit rates.

Tribal health systems with integrated clinical practice strategies around tobacco use encourage and support Alaska Native people to quit tobacco for life.

Tobacco Cessation Best Practices for health care include:

- 1) Implementing a user identification system in every clinic;
- 2) Providing education, resources and feedback to promote provider intervention;
- 3) Dedicating staff to provide tobacco treatment and assessment of the delivery of treatment;
- 4) Promoting hospital policies that support and provide inpatient tobacco treatment services;
- 5) Including tobacco treatment counseling and medication as a covered benefit of employee health insurance and beneficiary services; and
- 6) Adopting a tobacco-free campus policy.

Supporting Tribal health organization and community tobacco quit programs

Tobacco use is a leading health concern for Alaska; in fact, about 1 out of 3 Alaska Native people use tobacco. To protect the health of our people, ANTHC has made it a top priority to provide tobacco-quit resources and reduce the use of tobacco within the Alaska Tribal Health System.

In 2010, the ANTHC Board of Directors supported the development of an ongoing initiative to increase tobacco cessation services for patients at ANMC by ensuring that every patient is asked about tobacco use, those that use tobacco are advised to quit, and then referred to a tobacco cessation program. Since the inception of the initiative, referral rates to cessation services have increased, along with access to services, as many patients were unaware that the program existed.

Research shows that counseling, in addition to the use of Nicotine Replacement Therapy, dramatically increases the chances of someone quitting tobacco and staying tobacco-free. In addition to education and Nicotine Replacement Therapy such as gum, patches and other medication options, ANTHC tobacco cessation counselors are trained in motivational interviewing to help patients customize a quit plan. The ANTHC tobacco cessation program

follows patients for 52 weeks after their quit date and tracks quit rates at 26 weeks. Currently, the program's success rate at 26 weeks is 44 percent.

The ANTHC Tobacco Prevention and Control Program does not just work with patients at ANMC in Anchorage. Once a patient returns home, the program will transfer the patient to their regional clinic for continued follow-up and Nicotine Replacement Therapy refills. If a patient is from a region that does not have a local cessation program, ANTHC will refer them to the Alaska Tobacco Quit Line, which is a statewide program free to any Alaskan.

To access Alaska's Tobacco Quit Line go to: www.alaskaquitline.com or call 1-800-QUIT-NOW

Tribal and community partnerships to end the tobacco epidemic

Fighting the tobacco epidemic in Alaska requires many people and organizations working together. ANTHC's Tobacco Prevention and Control Program collaborates with a wide variety of partners to address the issue of tobacco in local communities, to share tobacco-related resources and to provide training opportunities for advocates and health care professionals.

Our partners include Tribal health organizations, Tribes, villages, State of Alaska grant recipients, health foundations and clinics.

The ANTHC Tobacco Prevention and Control Program is also closely connected to statewide partners such as the Alaska Tobacco Control Alliance, the statewide coalition that assists with building advocates to be spokespeople for tobacco-related policy in Alaska.

To download a free resource on e-cigarettes from ANTHC, visit:

www.anthc.org/news

Health care system best practices for tobacco treatment

Sixty-six percent of smokers see a physician every year. In Alaska, 67 percent of smokers and 62 percent of smokeless tobacco users want to quit.



Upcoming Tobacco Treatment Specialist Training

Learn about providing tobacco-use treatment for your community.

Dates: September 28-October 2

Early bird registration ends July 15. Regular registration ends September 4. Email tobacco@anthc.org or call (907) 729-2440 for more information.

Vaccinating on time is important for disease protection

Parents agree that feeding and sleep schedules are important to help keep their children healthy. The same goes for childhood immunizations. Vaccinating children on time is the best way to protect them against 14 serious and potentially deadly diseases before their second birthday.

Before vaccines, Alaska Native children had one of the highest rates of meningitis (brain infection) caused by the *Haemophilus influenzae* (Hib) bacteria—now Hib infections are rare.

“One brother and my first cousin had H flu [Hib] meningitis and both of them are affected by it” says Martina Lauterbach, a retired Community Health Aide. “One is deaf and mute...that’s my brother... this was before the vaccine.”

Public health experts and physicians base their vaccine recommendations on many factors. They study information about diseases and vaccines very carefully to decide which vaccines kids should get and when they should get them for best protection.

“People often ask me about getting their shots late or spreading them out for their children. I usually tell parents there is no scientific evidence that really supports doing that,” says Dr. Matthew Hirschfeld, Alaska Native Medical Center pediatrician. “Most of the time if you are getting your [child’s] shots late you are putting your child at risk for getting the disease the shot protects against.” He goes on to say, “It hasn’t been shown to be beneficial for the kids to get the shots spread out.”

Although the number of vaccines a child needs in the first two years may seem like a lot, the number of proteins in today’s vaccines are fewer than in the past. A healthy baby’s immune system can handle getting all vaccines when they are recommended. Dr. Hirschfeld cautions against parents delaying vaccination. “Most of the time, it is actually more stressful [to delay vaccinations] because you can do all the shots at once, or you have to do them in multiple clinic visits... that is actually more stressful than doing them all at once.”

When parents choose not to vaccinate or to follow a delayed schedule, children are left

unprotected against diseases that still circulate in this country, like measles and whooping cough. For example, more than 48,000 cases of whooping cough were reported in the United States in 2012.

During this time, 20 deaths were reported—the majority of these deaths were in children younger than 3 months of age. Alaska reported 356 cases of whooping cough in 2012.

Measles was eliminated in the United States in 2000; however, pockets of unvaccinated people have led to measles outbreaks. As of May 1, 2015, 169 people from 20 states and the District of

Columbia have been reported as having measles. Last year, the U.S. experienced the largest number of cases since measles was eliminated in 2000. Staying on track with the immunization schedule ensures that children have the best protection against diseases like these by age two.

Parents can work with their child’s health care provider to keep their children protected against these harmful diseases. “Immunization is a shared responsibility. Families, health care professionals, public health officials, and the media can all work together to help protect the

entire community,” said Dr. Rosalyn Singleton, Alaska Native Tribal Health Consortium pediatrician.

“Naturally, we also want to protect our children, both parents and pediatricians,” said Dr. George Tsao-Wu, Southcentral Foundation pediatrician. “We don’t want them to have the illnesses that they can be exposed to without vaccines.”

If you have questions about the childhood immunization schedule, talk with your child’s doctor or nurse. For more information about vaccines, go to www.cdc.gov/vaccines/parents.

MAGNET® AT ANMC: EXCELLENCE IN CARE AND LEADERSHIP



Magnet-recognized for a third time.

ANMC recently received its third Magnet redesignation for nursing excellence.

Congratulations to our nurses for their hard work and dedication.



The Alaska Native Medical Center is jointly owned and managed by the Alaska Native Tribal Health Consortium and Southcentral Foundation.

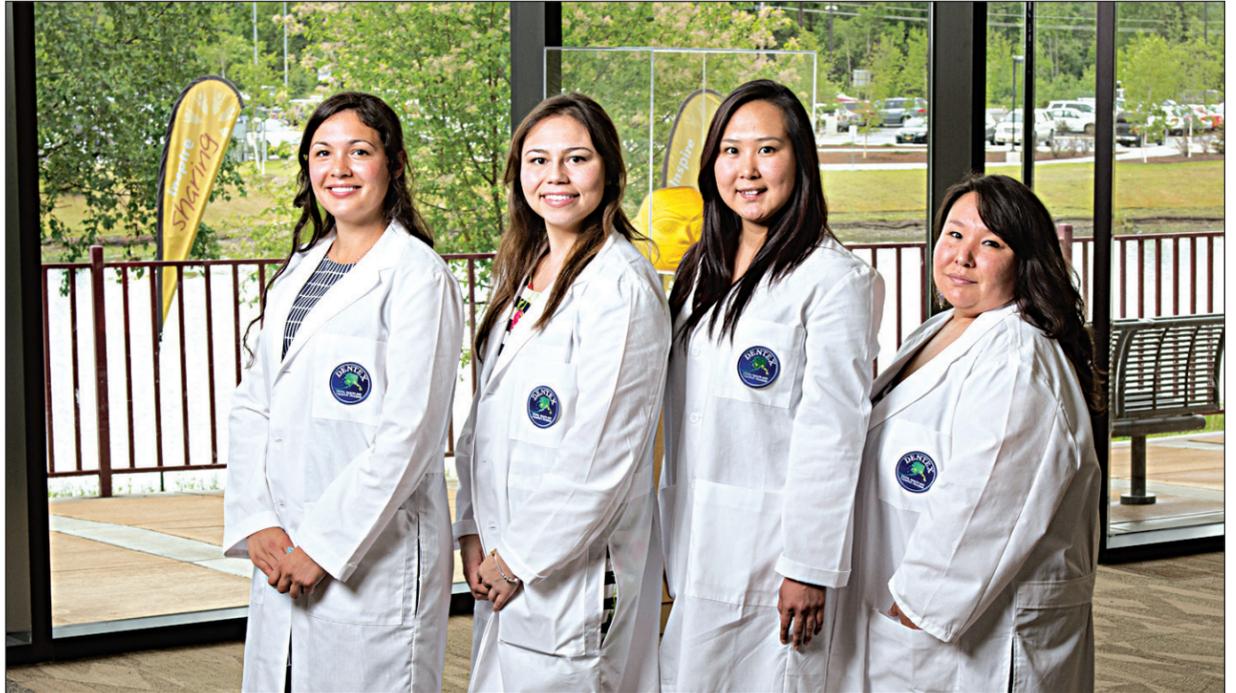
Dental Health Aide Therapists graduate and complete training

On Friday, June 5, six Dental Health Aide Therapy (DHAT) students graduated from their two-year course of study. An additional four students participated in the white coat ceremony which symbolizes the transition from their first year to their second year of education and the beginning of clinical practice. This was the seventh graduation ceremony for the ANTHC DHAT Educational Program that brings dental health closer to home for rural communities.

Graduating students are: Sabrina Chilton, Juneau, AK, sponsored by SouthEast Alaska Regional Health Consortium (SEARHC); Sharon Johnson, Togiak, AK, sponsored by Bristol Bay Area Health Corporation; Amanda Miles, Kodiak, AK, sponsored by Kodiak Area Native Association; Sadie Green, Hooper Bay, AK, Charles Redfox, Emmonak, AK and Carrie Tikiun, Bethel, AK all sponsored by Yukon-Kuskokwim Health Corporation (YKHC).

Transitioning students are: Summer Lynch, Haines, AK, sponsored by SEARHC; Jaslyn Wren, Iliamna, AK, sponsored by Southcentral Foundation; Kara Ingram, Dillingham, AK, and Ashley Sipary, Toksook Bay, AK, both sponsored by YKHC.

Learn more about ANTHC's work with the Alaska DHAT program at www.anthc.org/chs/chap/dhs and keep up with Alaska's DHATs on Facebook at www.facebook.com/ANTHCSmile.



Koyukuk celebrates newly constructed community clinic

The Community of Koyukuk held a grand opening for their recently constructed clinic on May 29. The celebration welcomed community members and representatives from ANTHC, Tanana Chiefs Conference, and the State of Alaska. During the opening ceremonies, former health aides and other long-time residents

expressed their appreciation for the progressive improvements in local health care, culminating in their new facility.

The newly opened clinic features several important upgrades from the original facility, with the most significant improvement being a sewer system and running

water. Numerous energy saving features such as super-insulated construction, a supplementary biomass heating system, Ventilation Heat Recovery, and LED lighting, make the clinic highly energy efficient.

The Koyukuk clinic serves approximately 100 residents and supports numerous services including local community health aides, a medical lab, pharmacy, trauma treatment, optometry, behavioral health, telemedicine, housing for visiting medical staff and a dental operator.

The dental operator includes an oral x-ray unit and built-in dental vacuum and air systems.

Construction of the clinic was funded through a grant from the Denali Commission and matching funds provided by the Indian Health Service, the State of Alaska, the City of Koyukuk, Tanana Chiefs Conference, and Doyon. The clinic was completed in February 2015 and placed into service on March 31. The project was a collaborative effort between ANTHC staff, local workers, and Watermark Construction.



Koyukuk residents explore new clinic



New Koyukuk community clinic

ANMC introduces pet therapy to hospital's adult inpatient units



From L to R: Pet Therapy Volunteers Lise Shore, Kate, Tanner and Terri Yeomens.

For ANMC patients who welcome a comforting visit from a therapy animal team, pet therapy was recently introduced to ANMC. DeAnn Wittrock, ANMC Surgical Services Nurse Educator, led the charge on this initiative at ANMC, and Roberta Miljure, ANMC Volunteer Services Coordinator, will take the lead on this program going forward.

The program, called K-9 Konnect, rolled out to ANMC in April, with the therapy dogs and their handlers meeting nursing staff and getting acquainted with them. Therapy visits to ANMC's adult inpatient units began in early April and the feedback from both patients and staff has been overwhelmingly positive.

"Immediate health benefits of pet therapy include a reduction in blood pressure, heart rate and pain," said Wittrock. "Our patients can also benefit from a reduction of tension and anxiety and an improvement in their overall mood."

Wittrock developed the Pet Therapy policy over the past year, collaborating with ANMC hospital leadership and unit managers for recommendations and feedback. A calendar of visit dates is posted on the floors, so staff knows ahead of time when the pet therapy teams will be at ANMC. When a therapy team arrives at ANMC, they check with unit nurses to see who would benefit from pet therapy. Nurses then check with patients for their interest and approval, then the team may enter the room and begin the visit. Teams are not allowed into

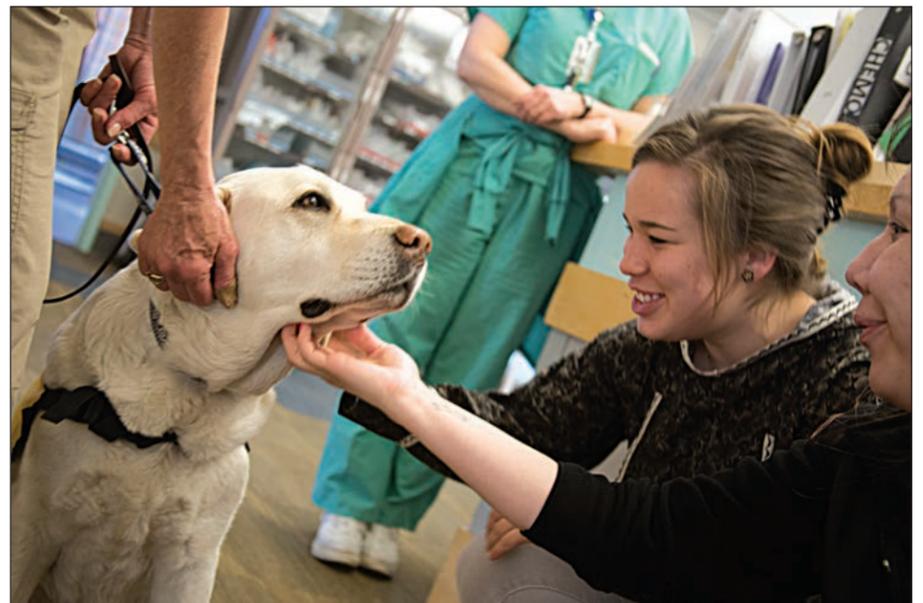
patient rooms while patient care is taking place or when a patient is eating.

Two experienced pet therapy teams are performing pet therapy visits at ANMC— Terry Yeomens and her Labrador retriever, Tanner, and Lise Shore with her two Labrador retrievers, Kate and River.

Pet therapy teams are comprised of a handler and their registered therapy dog. In order to be a registered therapy dog, a handler and their well-trained dog must successfully pass a Pet Partner evaluation. The evaluation is thorough and assesses the handler and their dog. The dog is scored on how they react to the different ways people may pet them, noisy or distracting environments, people in wheelchairs, the presence of other dogs, how well they obey commands from their handler, and more. Once a team passes their evaluation, the handler then must register their dog as a registered therapy dog with Pet Partners.



Pet Therapy Volunteer Terri Yeomens with her dog Tanner visiting a patient at ANMC.



Therapy dog Tanner gets acquainted with ANMC staff.



ANMC Shuttle Let us do the driving!

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

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

Safely disposing of your unused medications protects those in your home

When you or people in your home have unused medications, it is very important to dispose of them safely. Disposing of medications properly can help keep you and your family safe. The U.S. Food and Drug Administration has instructions for safely disposing of unused medications.

Most medications can be disposed of in a few simple steps: take medications out of the original container; mix medications with an undesirable substance like kitty litter or coffee grounds; place the mixture in a container with a lid or a sealable bag and make sure the container is closed tightly; and throw the container or bag in the trash.

If you are throwing away medication in the trash, remember to remove or cover up your personal information from the prescription bottle before throwing it away.

“To prevent accidental ingestion of unused medication, it is very



Remember to remove or cover up your personal information from the prescription bottle before throwing it away.

important to properly dispose of old medications in your home,” said Kara King, ANMC Pharmacy Manager. “Safely disposing of medications protects you and the people in your home.”

Some medications should be flushed because they could be very dangerous for someone



Most medications can be disposed of in a few simple steps: take medications out of the original container; mix medications with an undesirable substance like kitty litter or coffee grounds; place the mixture in a container with a lid or a sealable bag and make sure the container is closed tightly; and throw the container or bag in the trash.

to accidentally take out of the trash. Examples of medications that should be flushed instead of thrown in the trash: Oxycodone, Hydrocodone, Fentanyl, Morphine, Oxymorphone, and Buprenorphine. If you are in doubt about whether to flush or throw away a certain

medication, ask your pharmacist. For more information on proper disposal of your prescription drugs, please visit the U.S. Food and Drug Administration at www.fda.gov or the U.S. Drug Enforcement Agency at www.dea.gov.

ANTHC Environmental Health receives nation’s top air quality award

ANTHC’s Environmental Health Consultation program received the EPA’s 2015 Clean Air Excellence – Gregg Cooke Visionary Program Award. The award is widely considered the nation’s top honor for programs and organizations making progress to achieve clean air. The award was presented during a ceremony on April 21 in Washington, D.C.

The awardee must directly reduce pollutant emissions, demonstrate innovation, offer sustainable outcomes, and provide a model for others to follow. Past recipients include SC Johnson, Kohl’s, and 3M.

ANTHC was selected to receive the award for its progress in addressing ambient, or outdoor, air quality and healthy housing. The ANTHC air quality program is recognized for work assisting Tribes with addressing their air quality concerns, such as road dust, indoor air quality and refuse burning at dump sites. The healthy housing project has been working to improve indoor air quality in the homes of Alaska Native children with severe respiratory illness. Preliminary results from an evaluation being conducted

in partnership with ANTHC Community Health and the Centers for Disease Control and

Prevention’s Arctic Investigation Program suggest the project has resulted in fewer clinic visits,

hospitalizations and missed days of school due to respiratory disease.

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!

The DAISY Award
FOR EXTRAORDINARY NURSES
IN MEMORY OF J. PATRICK BARNES

Nominate an ANMC nurse for the DAISY Award!

The DAISY Award rewards and celebrates the extraordinary clinical skill and compassionate care given by nurses every day.

The Alaska Native Medical Center is proud to be a DAISY Award Partner, recognizing one of our nurses with this special honor every quarter.

Pick up a nomination form today or visit www.anmc.org/the-daisy-award/ to nominate a nurse online.



INCREASED ACCESS, FROM PAGE 1 ▶

Building Access to Better Health: Patient housing

Construction duration: Expected completion Fall 2016
Project construction: Neeser Construction, Inc.
Project design: KPB Architects

Learn more about the patient housing project at anmc.org/new-anmc-patient-housing.

The patient housing facility will be a home away from home for patients traveling to receive care at the Alaska Native Medical Center. Ensuring convenient and available lodging reduces the travel barriers to care and health care system costs, and increases access to the quality care that advance our vision that Alaska Native people are the healthiest people in the world.

Patient housing benefits

- Increased on-campus lodging capacity
- Improved access to care
- Culturally appropriate healing environment
- Significantly reduced in-town travel and logistics
- Reduced lodging costs for payers

Housing profile

- Opens Fall 2016
- 202 rooms
- Dedicated floor with more than 30 rooms for expectant mothers and families
- Sky bridge access to ANMC and parking garage
- Communal living and cooking areas
- New dining facility
- Exercise room and access to walking trails
- Self-serve laundry facilities
- New staff positions in security, housekeeping, reception

Patient population profile

Enhanced service for patients with higher-degrees of care: expectant mothers with high-risk pregnancies; cancer patients requiring infusion and radiation therapy; patients needing outpatient specialty medical care; and children and Elders who are receiving care.

- More than 50 percent of ANMC patients travel to Anchorage
- 472 patients referred to outside hotels
- 545 monthly Quyana House guests
- 120 monthly oncology patients
- 800 expectant mothers and families from outside Anchorage service area
- 5,000 annual post-surgical care from outside Anchorage service area

Project Timeline

- June 2013:** AK Senate bill 88 approved for bond sale funding
- January 2014:** President Obama signs ANTHC Land Transfer Act, giving ANTHC the land on the Alaska Native Health Campus for the future site of the ANMC Patient Housing facility
- Summer 2014:** Construction begins on new 440-stall, multi-floor ANMC hospital parking garage next to the site of the ANMC Patient Housing facility
- August-September 2014:** The State of Alaska successfully sells Certificates of Participation to individual investors so it can provide \$35 million in funding to ANTHC to build the ANMC Patient Housing facility
- October 2014:** ANMC Patient Housing design complete
- February 2015:** Construction services awarded to Neeser Construction, Inc.
- May 2015:** Building groundbreaking
- Summer 2015:** Building foundation work anticipated completion; completion date of parking garage
- November 2015:** Steel and roofing work to be completed
- Winter 2015-16:** Interior work to begin
- Spring 2016:** Sky bridge construction to start
- Fall 2016:** Estimated building completion and occupancy



Lobby and lounge



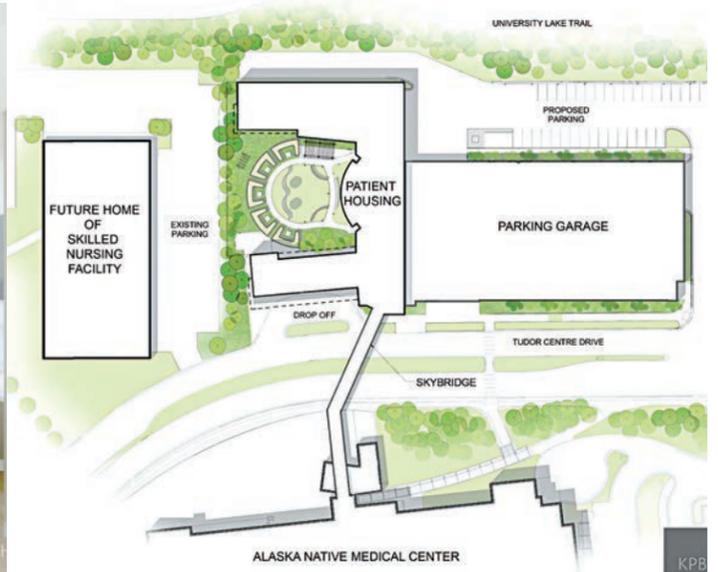
Family lounge area



Dining



Sample room



Campus location



Patient housing and sky bridge over Tudor Centre Drive