



THE

# Mukluk Telegraph

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

OCTOBER - DECEMBER 2015

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# The eyes, ears and voice of environmental change

## *ANTHC Local Environmental Observer Network launches new mobile app*

**O**ur world is changing rapidly, and local observers can often see the subtle changes in weather, landscapes and seascapes, and in plant and animal communities that are indicative of changes in the climate. The Alaska Native Tribal Health Consortium (ANTHC) developed the Local Environmental Observer Network, or LEO Network, in 2009, recognizing the value of local and traditional knowledge and the need for a tool to document and share environmental observations. The purpose was to increase awareness about vulnerabilities and impacts from climate change, and to connect community members with technical experts.

The main tools of the LEO Network are web-accessible Google Maps to display observations of unusual or unique environmental events which are then shared with LEO members. The maps contain event descriptions, photos, expert consultations and links to information resources. LEO has grown to include hundreds of participants and is helping to increase understanding about the emerging

effects of climate change. Up until now, these have been available on the LEO Network website at [LEOnetwork.org](http://LEOnetwork.org).

ANTHC is pleased to announce that the LEO Network has launched the "LEO Viewer", a new mobile app for handheld devices. LEO Viewer is your passport to the front lines of climate change through

SEE **LEO NETWORK**, PAGE 2 ►



## LEO NETWORK, FROM PAGE 1 ▶

its global map and data interface. It allows viewers to experience what is happening in a local environment through text, audio and images observations and technical consults posted by network members. LEO Viewer is now available for iPhone and iPad through the iTunes store. An Android version will be available soon.

As a companion to the LEO Viewer, the program is also testing the “LEO Reporter” which will allow mobile field reporting of climate information even in the most remote areas. The LEO Network is supported by many community and technical experts that consult on the environmental observation data received.

Community experts provide the local and traditional knowledge component of a consult. Community experts are able to provide background and local context for observations and provide consults based on local and traditional knowledge. They monitor LEO observations locally and regionally, provide consults, and act as points-of-contact. Tribal environmental managers, funded through a U.S.



Join the LEO Network and track climate change in your community with a new app available on iTunes.

Environmental Protection Agency program, participate throughout Alaska as community experts, as well as observers and often as technical experts.

Technical experts provide the science component of a consult. Regional hubs provide leadership in identifying technical experts, based on topic expertise, and the interest and capacity of these organizations to participate. Consultations provided by community and

technical experts are added to complete the map posts.

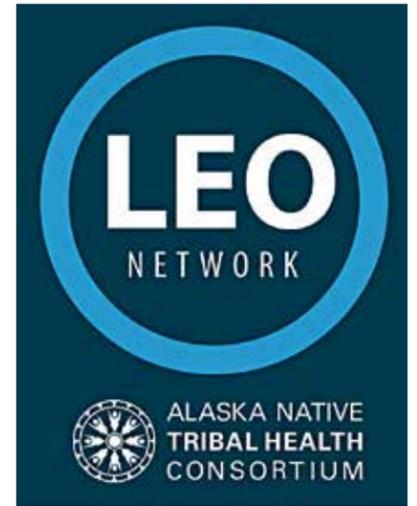
The new LEO Viewer app is allowing more people to engage with these experts and become part of a broader environmental observer community.

LEO Network is looking for new observers and partner organizations that can support LEO regional hubs and provide community and technical consults. Join LEO Network, and help us to understand and adapt to our changing world.

For more information, please visit [leonetnetwork.org](http://leonetnetwork.org) or email [ask.leonetnetwork@gmail.com](mailto:ask.leonetnetwork@gmail.com).

LEO has been accepted as an Arctic Council project under the Arctic Contaminants Action Program Working Group. The White House Council on Native American Affairs is championing LEO in a partnership to expand the initiative to Native youth, with a goal of using the platform to integrate Native youth voices into the national dialogue on climate change. For more information, visit:

[leonetnetwork.org](http://leonetnetwork.org)



## 18<sup>th</sup> ANTHC Annual Meeting



**Tuesday, December 1, 12 p.m.**  
**Dena'ina Center, Anchorage, AK**  
**Tubughnenq' Meeting Rooms**

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 2015 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 [www.anthc.org](http://www.anthc.org) or look for updates in the mail.**



### 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](mailto: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

## VALUES

Achieving excellence

Native self-determination

Treat with respect and integrity

Health and wellness

Compassion

# Powering our present and fueling our future

*Interns gain hands-on experience and provide support for Environmental Health and Engineering*



ANTHC interns, left to right: Fred Sommer III, Cingakaq Pavilla, Michael Jack, Collette Kawagley, John Street and Sallye Countz.

ANTHC is committed to strengthening our Alaska Native workforce and developing future Alaska Tribal Health System leaders by offering scholarships, internships, externships and apprenticeships. This summer, several Alaska Native and American Indian summer interns worked with Environmental Health and Engineering departments. The interns were valuable team members and assisted with projects while gaining valuable job skills and experience.

Michael Jack was an intern for Safety Program Coordinator Chris Fish. Jack graduated in May with an associate degree in occupational safety and health from the University of Alaska Anchorage (UAA). A Tribal member of Orutsaramiut Native Council, the governing body for the community of Bethel, Jack helped safety personnel at ANTHC instill a culture of safety within the Alaska Native Health Campus. Jack said, "As employees, we all play a key role in safety here on campus. It is important our people receive health care in a safe and secure environment while they are away

from their homes."

Collette Kawagley is a sophomore pursuing a bachelor's degree in mechanical engineering from UAA through the Alaska Native Science and Engineering Program. Kawagley's family is originally from Bethel. As a Project Management intern, Kawagley worked with Scattered Sites by helping put together operations and maintenance manuals for wells and reviewing scopes of work. She also helped the department with purchase orders and soil testing. Kawagley anticipates graduating in the spring of 2018.

Cingakaq Pavilla of Bethel is a year-round intern and is an engineering student at UAA. A Tribal member of the Village of Atmautluak, she works with the Tribal Utilities Support and Department of Rural Utility Management Services teams. One of the projects that Pavilla worked on is a Google Maps project for the Alaska Rural Utility Collaborative. The project will help employees identify homes in communities receiving services and provide a status update for customers. She said, "I love the fact that I

am working for a company that is helping me learn hands-on engineering and at the same time I'm helping provide clean running water to rural Alaska."

Fred Sommer III, whose family is from Galena, was a First Alaskans Institute intern and a civil engineering student at the University of Alaska Fairbanks. Sommer's projects included assisting with record organizing and logistics, writing community master plans, researching water treatment cost estimates and helping draft communications. He said, "After I graduate I want to pursue a job in Alaska where I will be able to better help the community where I was raised. I want to be in a position to be able to help people. I appreciate the work that ANTHC does for villages, as I've seen it firsthand when visiting my grandparents in Galena."

Sallye Countz is from Ada, Oklahoma, and a proud member of the Muscogee (Creek) Nation Tribe. Countz is a senior majoring in Environmental Health Science at East Central University; this was her second summer serving as an intern for the Environmental Health Support department. This summer, Countz traveled to many Tribal communities throughout Alaska with the Environmental Health Field Program to conduct non-regulatory environmental health surveys on public health infrastructure, which includes village health clinics, head starts, landfills, water plants, and sewer

systems.

John Street, whose family is from Toksook Bay, was an intern with the Alaska Rural Utility Collaborative, providing support to the operations team. Street graduated from UAA in May with a bachelor's degree in mechanical engineering. This summer, Street installed energy retrofits in water treatment plants, constructed water distribution upgrades, and renovated aging wastewater collection systems in the Alaska Rural Utility Collaborative communities. Street said, "I am very excited to be a part of the work that the Alaska Rural Utility Collaborative is doing with these communities. It's awesome to be able to go out to the villages that I grew up around and to do work that matters to the whole community. Water and wastewater systems are a necessity and I'm happy to be able to work for the company that provides these systems to the people I grew up with."

After a productive summer, we are pleased to report that John Street will be staying with ANTHC as an assistant engineer in the Department of Rural Utility Management Services.

"We look forward to having him as an assistant engineer and trust that he will be able to hit the ground running due to his proven performance as an intern," commented ANTHC Alaska Rural Utility Collaborative operations engineer Mike Nabers who supervised Street during his time at ANTHC.

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# New 45-year report on Alaska Native cancer incidence rates

Cancer is the leading cause of death for Alaska Native people. To continue making progress toward our vision that Alaska Native people are the healthiest people in the world, the Consortium must be aware of the health issues that our people face. Cancer data collection and monitoring work is done by ANTHC's Alaska Native Tumor Registry at the Alaska Native Epidemiology Center, which published a new report on 45 years of cancer incidence data among our Alaska Native people from 1969-2013 titled, Cancer in Alaska Native People: 1969-2013, The 45 Year Report.

The Alaska Native Tumor

Registry was started in 1974 by Dr. Anne Lanier after analysis of cancer incidence showed unique patterns among Alaska Native people. Since then, the data collected and analyzed by the Tumor Registry has contributed to planning and implementation of prevention and early detection activities and enhancement of clinical oncology service.

Colorectal, breast and lung cancers are the most frequently diagnosed cancers among our people. This 45-year report shows detailed information on cancer incidence and mortality by site, gender and cancer trends over time compared to cancer patterns in

U.S. whites. Cancer incidence data are also presented by Tribal Health Regions in Alaska for leading cancers and cancer trends.

Trends in cancer incidence:

- Colorectal cancer rates remain significantly higher among Alaska Native people than in U.S. whites. Colorectal cancer rates for Alaska Native people have remained

relatively flat, while rates for U.S. whites have declined.

- Breast cancer is the second most frequently diagnosed cancer among Alaska Native people and is the leading cancer among women. After years of increases from the 1970s to 1990s, rates among Alaska Native women have not significantly

SEE REGISTRY, PAGE 5 ►



**We're listening!**

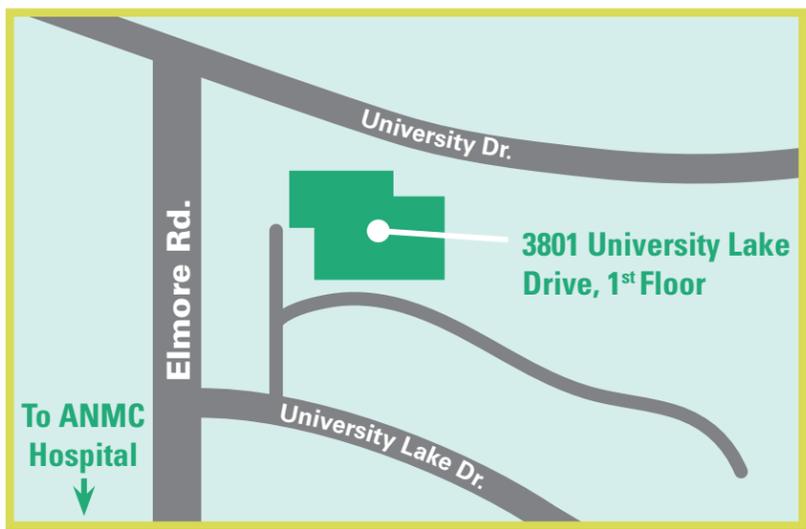
At the Alaska Native Medical Center, we listen to our customer-owners so we can provide the very best care and service.

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**Thank you!**

## New ANMC Outpatient Surgery Center

**ANMC has opened a new Outpatient Surgery Center to better serve our people.**



**New location:**  
The ANMC Outpatient Surgery Center is located in a medical building at 3801 University Lake Drive. The surgery center is located on the first floor of the building. Please make sure you check if your surgery is at the ANMC hospital or the new Outpatient Surgery center.

**Why the new outpatient surgery center?**  
As ANMC's population grows and the need for surgical services increases, we decided to open an outpatient surgery center to meet the needs of our people from across Alaska. The four additional outpatient operating rooms and 17 pre and post-operative beds allow 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 surgery center is located in the first building on the left, 3801 University Lake Drive.



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

# Hepatitis history among Alaska Native people

## *ANTHC support and prevention against liver disease and hepatitis*

In the 1970s, Alaska Native children were dying from liver cancer caused by hepatitis B, a virus that can cause chronic liver disease leading to cirrhosis, liver cancer, liver failure and death. The Liver Disease & Hepatitis Program was launched in 1983 in response to this epidemic, with an initial mission to vaccinate Alaska Native people against the hepatitis B virus, preventing chronic infection and development of liver disease. The vaccine program was very successful, eradicating acute hepatitis B in Alaska Native persons and liver cancer in Alaska Native children.

Since then, the Liver Disease & Hepatitis Program worked to eliminate risks to the health of our people from hepatitis A in the 1990s and it is currently working to treat hepatitis C and prevent its spread.

Hepatitis C is a blood-borne virus that can cause liver scarring, liver cancer and liver failure. It is estimated that 3-5 million Americans, about 2-3 percent of the population, have been infected with hepatitis C. Rates of hepatitis C are similar for Alaska Native and American Indian people and other ethnic groups in the U.S; however, there are greater risks for our people, with higher rates of liver failure, liver cancer, liver-related deaths and hospitalizations of Alaska Native and American Indian persons with hepatitis C infection. Successful treatment

of hepatitis C can reverse scarring and reduce the risk of liver disease and liver disease-related death.

The Liver Disease & Hepatitis Program serves more than 3,500 Alaska Native and American Indian persons living with chronic liver disease across Alaska. This includes 2,000 persons living with hepatitis C, 1,200 persons living with chronic hepatitis B and 200 persons affected by autoimmune liver disease. Additionally, people with liver diseases and abnormal liver function tests are seen in daily liver clinics held in the ANMC Internal Medicine Clinic and throughout the year at field clinics held across the state. The program at ANTHC is a national resource for

providers treating liver disease and hepatitis patients throughout the Indian Health System.

New treatment options are helping ANTHC make significant progress in the diagnosis and treatment of people with hepatitis C. Until 2013, treatment options for hepatitis C were poor and the medications had significant side effects. However, in late 2013, new medications with fewer side effects were FDA-approved for the treatment of hepatitis C. ANTHC began to provide these new drugs and as a result more than 90 percent of patients were cured of hepatitis C after receiving treatment.

For more information on the ANTHC Liver Disease & Hepatitis Program, visit [anthc.org/hep/](http://anthc.org/hep/).

### REGISTRY, FROM PAGE 4 ▶

changed since the mid-1990s, but have now reached similar incidence rates of U.S. white women.

- Lung cancer is the third most frequently diagnosed cancer among Alaska Native men and women combined. Nationally, tobacco use is associated with at least 30 percent of all cancer deaths and Alaska Native people have rates of smoking that are two times higher than Alaska non-Natives or U.S. whites.

For the most recent five-year period from 2009-2013, cancer affected Alaska Native people with an average of 177 cancer related deaths and more than 400 new cases of cancer diagnosed per year. Data can be used for health status monitoring, strategic planning, and evaluation in order to decrease cancer incidence and mortality. For example, ANTHC has used cancer incidence data to devote resources to improve colon cancer screening to decrease incidence rates.

View the full report and more information about the Alaska Native Epidemiology Center at [anthctoday.org/epicenter/antr/](http://anthctoday.org/epicenter/antr/).

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 ALASKA NATIVE  
MEDICAL CENTER 

Strategic Access Development

# Climate-adapted sanitation project in Kivalina, Alaska

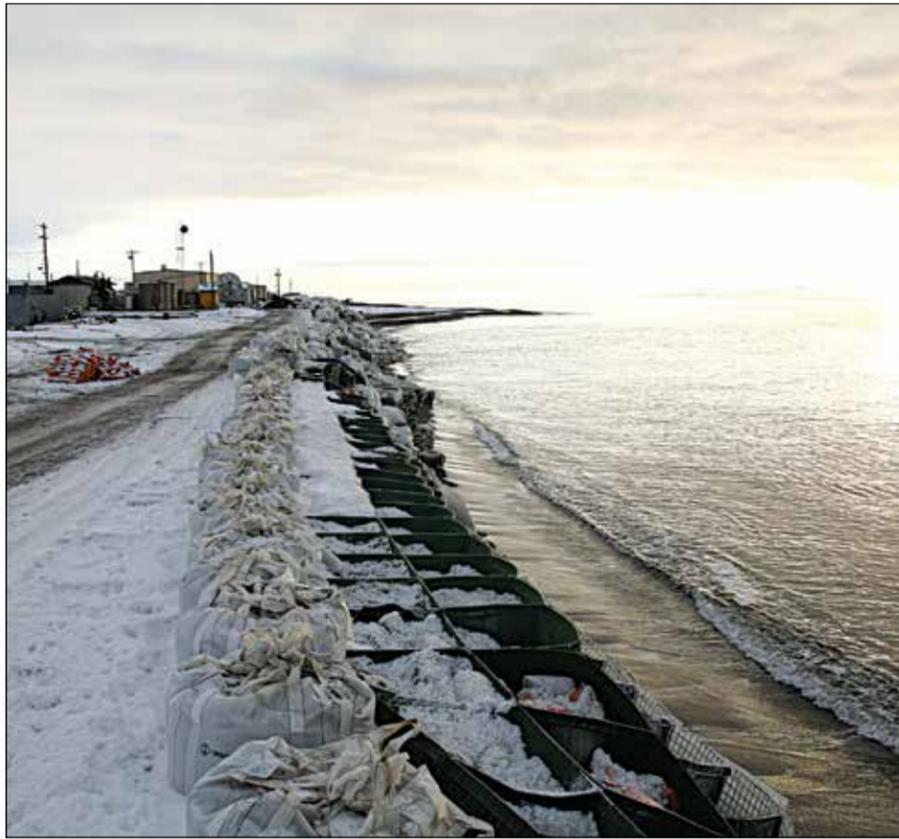
ANTHC's Environmental Health and Engineering work focuses on bringing health solutions to rural communities through access to clean water that supports health and well-being. For many homes and communities, this is possible through upgrades and improvements to water and wastewater systems. For communities without existing systems, new construction may not be available due to environmental challenges, decreasing availability of capital funding or the high cost of operation. In these cases, alternatives must be tailored to the environmental conditions, homeowner needs, existing community infrastructure, individual financial capacity and technical capabilities. A demonstration project underway in Kivalina is focused on addressing these issues to deliver basic sanitation needs for our people and test new systems for Alaska's northern coastal communities.

ANTHC and the Cold Climate Housing Research Center are working with the community of Kivalina to complete a demonstration project for non-piped, in-home sanitation systems. The project is currently retrofitting nine homes with low cost sanitation improvements.

The project will evaluate the performance, in terms of homeowner acceptance, and health benefits over the next year. Kivalina, a community of 402 residents and 85 homes, is located approximately 80 air miles from Kotzebue. It is at the tip of an 8-mile barrier island reef located between the Chukchi Sea and Kivalina Lagoon. Two tidal inlets define the island—the Singuak Entrance at the southern end of the village, and the Kivalik Inlet five miles northwest of the village. The island is approximately 2,400 feet wide near the townsite.

## EFFECTS OF CLIMATE CHANGE

Climate change refers to the change over time due to natural variability or as a result of human activity. The impacts of climate change have been extensive in Kivalina, affecting all areas of life. In Kivalina, the rate of climate change is no longer measured



*Erosion on Kivalina Island has prompted the village to relocate, but sanitation concerns remain in the meantime.*

in decades, but rather in years, months, or even hours. Elders talk about camping on thick shelves of sea ice, an astounding difference when compared with the thin ice typical today. Erosion processes are happening more quickly due to the impacts of climate change which include permafrost thaw, increased storm intensity, and delays in winter coastal ice formation.

## NEED FOR A PROJECT

Some funding agencies have been reluctant to invest in infrastructure within the community because Kivalina has intentions to relocate. The community is also vulnerable to flooding and erosion. Currently, there are no definitive plans or funding to relocate. However, in the meantime, there are deficiencies in the current sanitation system that must be addressed in order to provide a more healthy

environment for residents. Infants in villages with limited water service have five times more hospitalization for lower respiratory infection and 11 times more hospitalization for pneumonia than the overall U.S. population. While the plans to relocate continue, it is imperative that the residents receive basic services that will improve community health and quality of life.

## PROPOSED PROJECT

The biggest drawback of a typical piped water and sewer system is that they are not portable. In addition, it is difficult to protect a piped system from climate change impacts. ANTHC has developed a small demonstration project in Kivalina that will allow the community to adapt to climate change. This system is one that is entirely homeowner-based and

is designed to address the most basic sanitation needs and can be moved with the community to the new location. Because the community water supply is limited, homeowners must rely on traditional sources of water such as rain catchment and ice collection to supplement their needs. These sources are used without any form of treatment other than boiling the water. In addition, the community does not have an organized wastewater haul system or an approved or appropriate facility to dispose of human waste. This demonstration project is designed to address the immediate needs of those who volunteered to have the systems installed.

## TYPICAL SYSTEM LAYOUT

The system incorporates a water treatment system, 100-gallon water storage tank, bathroom sink, separating toilet, waterless urinal, grey water tank, ventilation system, and seepage pit. The water treatment system incorporates membranes and chlorination for treatment of rain water, melted ice or water from the river. Water is distributed by gravity for simplicity to the sink where low flow fixtures are used to ensure the most efficient use of the limited water supply. Waste is separated into liquid and solid components where the liquid is disposed of into a seepage pit and dried solids are disposed of in the landfill. Drying of the waste, control of the odors from the toilet and some ventilation of the homes is accomplished through an energy efficient combined ventilation system. Modular construction of the system facilitates quick installation and reduces construction costs. Lastly the system is mobile and can be moved with the home if and when needed.

## NEXT STEPS

ANTHC is hopeful that this pilot project will address the sanitation needs of Kivalina homeowners and point to new solutions for sanitation projects in Alaska. Over the next year, the project will monitor homeowner acceptance, health benefits and feasibility for other Northern coastal communities.



*A test set-up of the stand-alone sanitation system.*

# Making "house calls" leads to healthier people

Health care has changed from the days of doctors making house calls. But Alaska is a different place. A place where we take care of each other, a place where traveling for health care is another cost for access to care. It's also a place where health providers recognize that a home visit might be in order when your home could be the reason you need to visit the doctor so often.

"Just like people, houses have to breathe," says A.J. Salkoski, Project Manager for the Alaska Native Tribal Health Consortium. "A healthy house means the occupants are likely to be healthy as well."

For years, health care providers across Alaska have noticed patterns in respiratory illness among the Alaska Native people they serve. Alaska Native infants were hospitalized for pneumonia at a rate five times that of the general U.S. infant population. For residents of southwest Alaska, the rate is seven times higher.

There had to be a reason kids from these communities were contracting pneumonia at higher rates than others. But what was it?

That's when professionals from the Alaska Native Tribal Health Consortium started making "house calls." But not by doctors. And not to examine sick patients, but to examine sick houses.

ANTHC is a comprehensive health organization uniquely positioned to make a difference in population health for the Alaska Native and American Indian people it serves. In addition to specialty medical care and preventative health education, the Consortium also provides rural infrastructure support through sanitation and environmental health projects.

In 2011, the Consortium's Environmental Health Program assembled a diverse group of partners to develop and test an intervention to reduce the need for respiratory medical care among high risk Alaska Native children through healthier housing and improved air quality. Grants from the HUD Healthy Homes Technical Studies program supported the project's efforts to begin making "house calls."

These house calls focus on improving indoor air quality. Poor



*Healthy homes lead to healthier people. Work by the ANTHC Healthy Homes program has reduced the need for respiratory health care for residents in southwest Alaska and earned the program a federal HUD award.*

ventilation, leaky woodstoves and moisture and mildew all contribute to poor indoor air quality that can weaken young lungs and lead to illness. If the air circulates and ventilation works the way it is supposed to, dangerous particles can flow out and fresh air can flow in. Good ventilation is critical to good respiratory health.

ANTHC partnered with regional housing authorities and local Tribal organizations to identify homes to participate in a test study in eight communities in southwest Alaska. Baseline measures of indoor air quality were recorded before the project teams made improvements such as repairing leaky woodstoves, installing new ventilation systems and sealing windows and doors. Households participated in the measurement and air quality education process to learn about how to maintain the home improvements. They also continued to participate in air quality measurement and survey data to see if the improvements were working.

After three years, the preliminary data indicates the project is working. Households have seen decreases in carbon dioxide, volatile organic compounds and indoor air particulates. With the healthier indoor air, people have also reported fewer clinic visits and missed days of school because of

respiratory problems. The Healthy Homes project formally ends later this year, but all indicators point to the fact that the home interventions have been a success for the health of residents.

So much so, in fact, that ANTHC was one of just four organizations nationwide to be named by HUD Secretary Julián Castro and the National Environmental Health Association as the first-ever winners of the HUD Secretary's Healthy Homes Award for excellence in promoting resident health through housing interventions. Or, as Secretary Castro explains, for "leading the way in creating healthy environments for families to

thrive."

The project has shown that healthy indoor air can affect the health of your body. This is true whether you live in a small village in southwest Alaska or any other place where you spend time indoors.

So make sure the air you breathe is healthy, the health of your body depends on it.

To learn more, visit EPA's Inside Story: A Guide to Indoor Air Quality at [www.epa.org](http://www.epa.org).



*ANTHC employees AJ Salkoski and Jeff Smith (center two) accept the inaugural HUD Healthy Homes Award.*

# ANMC pharmacy gears up for flu season

As the flu season approaches, ANMC is gearing up for our annual flu shot clinic, which will be held every Saturday in October at the Anchorage Native Primary Care Center in the Primary Care Clinic 2 East. The clinic is for patients age 5 and older and will run from 10 a.m.-3 p.m. each Saturday in October. No appointment is necessary to get a flu shot. Walk-ins are welcome, as we want it to be as easy and convenient as possible for all Tribal members to get vaccinated against influenza.

“The flu shot is important in protecting not only yourself, but

## Online

Learn more about influenza and vaccination myths and facts at:

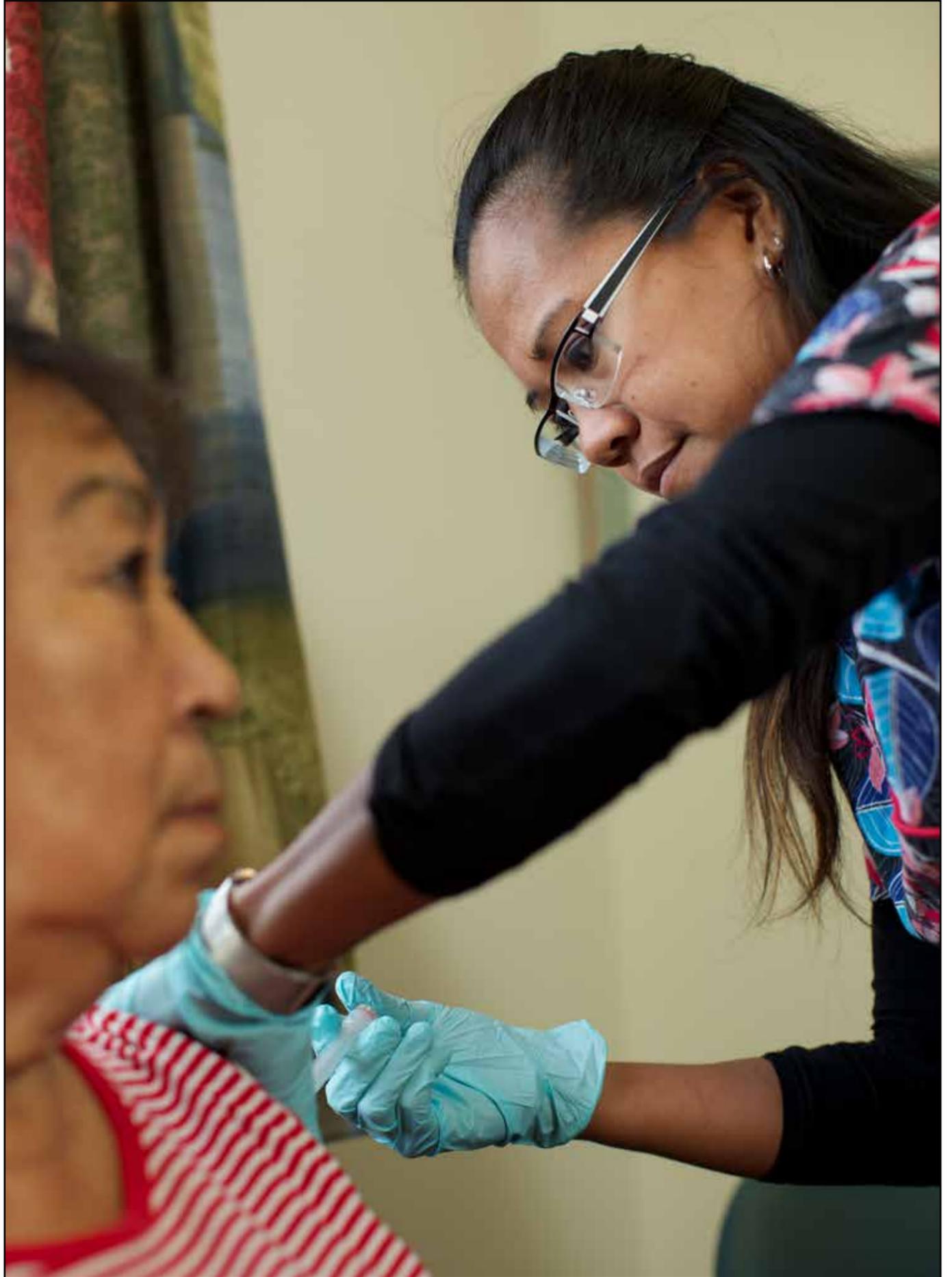
[cdc.gov/flu/about/qa/misconceptions.htm](http://cdc.gov/flu/about/qa/misconceptions.htm)

The Joint Commission also has a fact sheet that clears up some common myths and facts about the flu vaccination. You can find it at:

[jointcommission.org/assets/1/6/JC\\_influenza\\_myths.pdf](http://jointcommission.org/assets/1/6/JC_influenza_myths.pdf)

The CDC has more information on “Protecting the Circle of Life” through vaccination at:

[cdc.gov/flu/pdf/freeresources/native/protect\\_circle\\_life\\_factsheet.pdf](http://cdc.gov/flu/pdf/freeresources/native/protect_circle_life_factsheet.pdf)



your community,” said Kara King, ANMC Outpatient Pharmacy Manager. “Now is the time to get vaccinated, don’t wait until your first cough or first fever.”

Flu vaccination is safe, easily accessible, and the CDC and the Department of Health and Social Services both recommend the flu vaccine as the best preventive measure against the flu. This year’s flu shots also protect against H1N1. For vaccination information around Alaska or to get vaccinated, contact your local Tribal health organization or your ANMC provider.

For more information about the ANMC Flu Shot Clinic, please call the ANMC pharmacy at (907) 729-4172.

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ANMC recently received its third Magnet redesignation for nursing excellence.

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# Community solutions for relationship safety

## *A step-by-step guide to the ANTHC Youth Healthy Relationships Community Toolkit*

All across Alaska, community members – from Elders to youth, from teachers and health aides to tribal leaders and parents -- are concerned about the well-being of young people. This is why the ANTHC Alaska Native Epidemiology Center created an easy-to-use community toolkit for youth. After creating the gender-neutral “Getting Together” safety card for teens and leading an interactive, multigenerational workshop on the card at the Elders and Youth Conference, community members began asking for workshops in their own communities. In fact, the Village of Kiana’s Wellness Committee even supported an ANTHC staff member, Jaclyne Qalukisaq Richards of Kiana, to lead and further develop a youth workshop based on the cards.

In order to provide this for communities over the long-term, ANTHC staff created an online toolkit that community members could use to run their own workshops, one that uses the evidence-based best practice tools like the safety card, and fun, youth-led approaches and resources like skits on YouTube.

Below is a step-by-step guide to using this toolkit to work with youth in your community, school, place of faith, culture camp, clinic, peer education group, etc.

**1** Identify the best places to connect with youth and share these educational materials. Do you already meet with an existing group of youth, or present regularly to classrooms or other groups? Or is there an opportunity to create a time and place for youth to gather, and do some recruiting? Pro tip: If you are not a youth/teen yourself, involve a youth advisor as you plan things like time, place, food to serve, and how to get the word out. Workshops can be held at community buildings, schools, church groups, or in partnership with other organizations working with youth.

**2** Familiarize yourself with the materials available. The toolkit materials are all designed to connect with youth and make it easy for you to lead these workshops to share this important information on healthy relationships. An overview of all the materials available appears below.

**3** Have fun! The best ways to share this information is to share it in a way that is fun for you and for the teens. Be inclusive, avoid lecturing, be non-judgmental, utilize help from youth and community leaders and don’t worry about knowing everything. The toolkit includes additional resources that can be a reference for you and your workshop participants.

### WHAT’S IN THE TOOLKIT

**1** PowerPoint presentation that is easy to give. It has extensive notes (in the note section of each slide) that help with what to say for each slide, and even activities that involve everyone. The presentation is youth-friendly, full



of links to YouTube videos and other pop culture references and examples that include and affirm LGBTQ youth, Alaska Native youth, and all of our diverse population of young people. Plus, the slides can be changed to meet your community’s needs and include additional images and links and activities.

**NOTE:** The presentation is divided into four separate files for easier downloading when internet is slow. You can put them all back together into one presentation.

**2** The 11 ANTHC-produced skits starring Alaskan youth. The skits demonstrate aspects of healthy and unhealthy



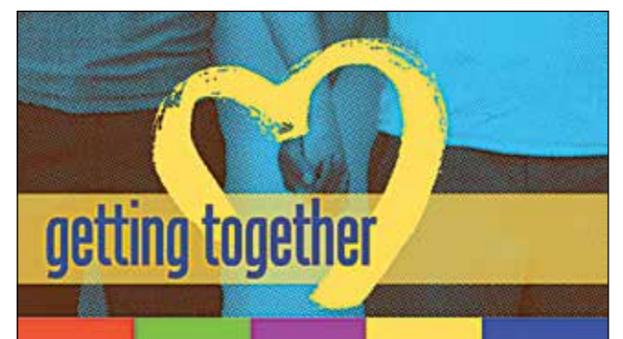
relationships, what consent means, how to help a friend, how adults can talk with young people about difficult topics, and more. [Be warned that some of the skits contain explicit language; the goal was for them to be as realistic as possible, and youth played a major role in deciding what was realistic and would resonate with them.] Each skit is followed by a debrief by professionals, discussing why behaviors were

abusive, healthy, etc. and offering additional resources.

**3** Scripts for creating your own skits with youth and debriefing them.



**4** An extensive resource list with Alaskan and national/international videos, websites, articles, books, and more that address the topics in the community toolkit.



**5** Printed materials for order. Most of the materials can be downloaded and used, or viewed online. To order printed cards and posters, just fill out the order forms on the website ([anthctoday.org/epicenter/healthyfamilies/](http://anthctoday.org/epicenter/healthyfamilies/)) a few weeks before you need them, and/or ask your region’s domestic violence (DV) agency if they have copies to give you. You can reach your regional DV agency by calling the National DV Hotline: 1-800-799-7233 or by calling 211.

# ANMC Dietary Department improving customer experience



ANMC Dietary Department Patient Ambassador Barbara Janitschek takes patient Emma Hunter's meal order.

The ANMC Dietary Department is constantly working on ways they can improve the dining experiences of our patients. For some of our patients, ordering meals can be difficult—especially if they have strict dietary restrictions or are unable to speak.

The Dietary Department recently purchased tablet computers that give them the ability to take orders in person for our patients who need a little extra assistance. Some patients may not fully understand their dietary restrictions and may benefit from in-person explanation; some patients are not able to speak and therefore not able to communicate their orders over the phone, and some patients with special needs may have families who would like to speak in-person with dietary staff to ensure their loved one gets the meal they need.

“We have really been focusing on providing extra customer service to our patients who need it most,” said Cynthia Davis, General Manager of Nana Management Services (NMS) at ANMC, the contractor who operates the cafeteria. “This will ensure our patients are getting the right type of meal for their healing.”

Patient Ambassadors from the Dietary Department travel the floors and visit patients and take their meal orders in person. Also, if they need to, patients will also be able to order several meals ahead of time, ensuring their dietary needs are met.

“It’s really working well,” said Nohelani Woodard, Dietary Patient Ambassador. “The patients really like being able to order their meals and ask questions in person.”

# Camp ARCTIC lets young people with arthritis thrive

Camp ARCTIC, which stands for ARthritis Can't Tame my Independence and Courage, is a free three-day summer camp for children in Alaska who are fighting juvenile idiopathic arthritis (JIA) and their parents. Camp ARCTIC held its fourth annual summer camp June 4-6 at Camp K on Kenai Lake in Cooper Landing.

Juvenile idiopathic arthritis is a form of arthritis children experience where the immune system attacks healthy cells causing inflammation and pain in the joints. Pain caused by JIA can make it difficult to perform everyday tasks. Camp ARCTIC allows children with JIA to build friendships, share experiences, exchange health strategies and participate in fun group activities with others dealing with the same or similar diagnoses. This year's three-day camp included activities like canoeing, hiking, swimming, archery and crafts.

Camp ARCTIC also gives children and parents the opportunity to learn more about JIA, not only from health professionals specializing in rheumatology, ophthalmology, pediatrics, physical therapy and nutrition, but also from other parents who are experiencing similar issues.

Tracie Wright, a registered nurse in the Pediatric Specialty Clinic at ANMC, helped establish the camp four years ago. Wright notes that JIA is an uncommon diagnosis. So children with JIA, especially those in smaller communities, may feel that people do not understand

what they are going through. "Camp helps kids, and parents, realize that they are not the only ones going through this journey," she explained, "It is a way to connect them with others and from friendships that last after camp is over."

This year, Camp ARCTIC had 12 children from 5-14 years old attend, along with 10 parents. Campers came from all over Alaska to attend, including Fairbanks, Anchorage, Seward, White Mountain, Chevak and Aniak.

Support for Camp ARCTIC is provided by ANTHC and Southcentral Foundation staff, volunteers from the community and the youth organization Campfire Alaska; the national Arthritis



Activities at Camp ARCTIC let campers have fun and meet new friends.

Foundation provides educational materials, manages registration and pays for the camp insurance; and the camp is funded by sponsors including ANTHC's Healthy Alaska

Natives Foundation, Rasmuson Foundation, The Children's Hospital at Providence, Genetech and more.

For more information about Camp ARCTIC, or to make a donation, visit [camparctic.org](http://camparctic.org).

4TH ANNUAL  
**Golf Classic**  
TEERING OFF FOR TRIBAL HEALTH

THANK YOU TO OUR SPONSORS,  
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Alaska Native Tribal Health Consortium  
[WWW.INSPIRINGGOODHEALTH.COM](http://WWW.INSPIRINGGOODHEALTH.COM)

# Winter injury prevention tips to stay safe

The winter season is here which brings colder weather and slippery conditions. Ice and snow that cover the ground increase the risk of slip and fall related injuries like cuts and bruises, broken bones and traumatic brain injury. The ANTHC Injury Prevention Program has a number of ice safety tips and preventative measures to protect you and your family.

To avoid slips and falls in the winter, it is important to take precautions when walking on ice or snow (see Safety on the Ice). There are also things you can do daily to start prevention at home.

The food you eat can impact your risk of falls and fractures. Eating food rich in calcium and vitamin D is essential to help strengthen your bones and muscles. Nutrient rich traditional foods include fish head soup and kelp with herring eggs.

Getting regular exercise helps strengthen muscle, increase flexibility and improve balance. This is one of the best ways to reduce your risk of falling.

There are many ways to get exercise. You can lift weights, play basketball or go for a walk. Subsistence activities like fishing, hunting and picking berries are also great ways to maintain health.

Have your vision checked by an eye doctor at least once a year. If your vision is impaired and you are unable to see what is around you, your risk of falling increases.

Also, some medications have side effects that cause dizziness. Ask your doctor for more information about any side effects or medication interactions that could lead to falls. Note: You should never quit taking or make changes to your medication without consulting your doctor.

You can spread the message of fall prevention by sharing this YouTube public service announcement:

[youtu.be/69IEWxMZENA](http://youtu.be/69IEWxMZENA)

Let others know about fall prevention as well. The following items may be ordered, at cost, from the ANTHC Print Shop:

- Safety is a Way of Life: informational leaflet
- Prevent Falls: informational leaflet
- Prevent Falls: poster

## Safety on the Ice

- Wear ice grippers or ice cleats
- Walk slowly and take smaller steps
- Give yourself enough time to reach your destination
- Put sand or salt on walkways to make them less slippery

- Medication Wallet Card, for keeping track of your medications
  - Centers for Disease Control and Prevention Preventing Falls in Older Patients—A Provider Tool Kit
- To order, email [akaprintshop@anthc.org](mailto:akaprintshop@anthc.org).



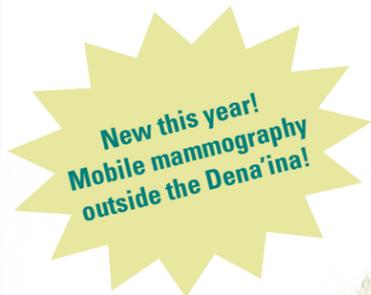
Help prevent falls: order this poster available from the ANTHC Print Shop.

Attend the seventh annual

# ANMC Health Fair at AFN

Visit us on the second floor of the Dena'ina Center

Flu shot clinic, blood pressure checks, healthy eating tips, and more!



**9 a.m.-5 p.m.**  
**Thursday, October 15**

**9 a.m.-4 p.m.**  
**Friday, October 16**

### This health fair is made possible by:

- Alaska Native Tribal Health Consortium
- Southcentral Foundation
- Centers for Disease Control and Prevention
- Alaska Department of Health and Social Services

# Great American Smokeout is November 19

*Tobacco-free campuses across the U-Med District celebrate*



Each year, on the third Thursday of November, the American Cancer Society and tobacco prevention advocates across the nation celebrate the Great American Smokeout. The Great American Smokeout is a day to encourage current tobacco users to make a plan to quit, or to go completely tobacco-free for that day. The American Cancer Society began celebrating the Great American Smokeout in the 1970s primarily as a way to encourage people to quit. Since then, the event has evolved and many organizations and communities now use it as a way to celebrate tobacco-free workplace policies and community-wide smoke-free workplace laws. When policies such as these are put in place, evidence indicates that current tobacco users are more likely to quit.

The Great American Smokeout falls on November 19 this year, and the Alaska Native Health

**To learn more go to:**  
 ANTHC's Tobacco Prevention Program:  
[anthc.org/chs/wp/tobacco](http://anthc.org/chs/wp/tobacco)  
 Or call the ANMC Tobacco Quit Line,  
 907-729-4343

The Great American Smokeout:  
[cancer.org](http://cancer.org)

UAA's Tobacco-Free Campus:  
[uaa.alaska.edu/tobacco-free](http://uaa.alaska.edu/tobacco-free)

Campus and the University of Alaska Anchorage are celebrating the event by promoting their tobacco-free campus policies. The Alaska Native Health Campus has been 100 percent tobacco-free since 2006. Look for new signage around campus that promotes this important policy.

In honor of the Great American Smokeout there will be a tobacco-free celebration in the lobby of the Alaska Native Medical Center hospital from noon – 1 p.m. on November 19. The ANTHC Tobacco Prevention Program will be available to offer guidance and resources for those interested in quitting.



University of Alaska Anchorage (UAA) is going 100 percent tobacco-free for the first time after a system-wide policy was passed by the University of Alaska Board of Regents in December 2014. The UAA policy is similar to the Alaska Native Health Campus in that it covers all smoking and smokeless tobacco and electronic or vaping devices. Because much of the UAA campus borders the Alaska Native Health Campus it is important to know where smoking is prohibited. The UAA policy covers all UAA properties and surrounding areas, which include the UAA main campus and UAA student housing, University Lake Building, 1901 Bragaw office building, Aviation Technology Complex and the UAA University Center. Littering an area with the remains of tobacco-related or smoking-related products on UAA property is also prohibited and carries a \$50 fine. The policy applies to all university events including those held on university grounds or property and applies to all members of the university campus community.