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THE Mukluk Telegraph



THE QUARTERLY NEWSPAPER OF THE ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

APRIL - JUNE 2017

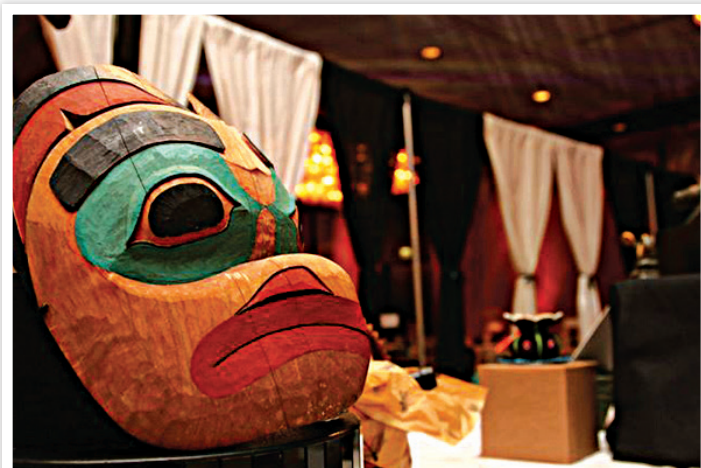
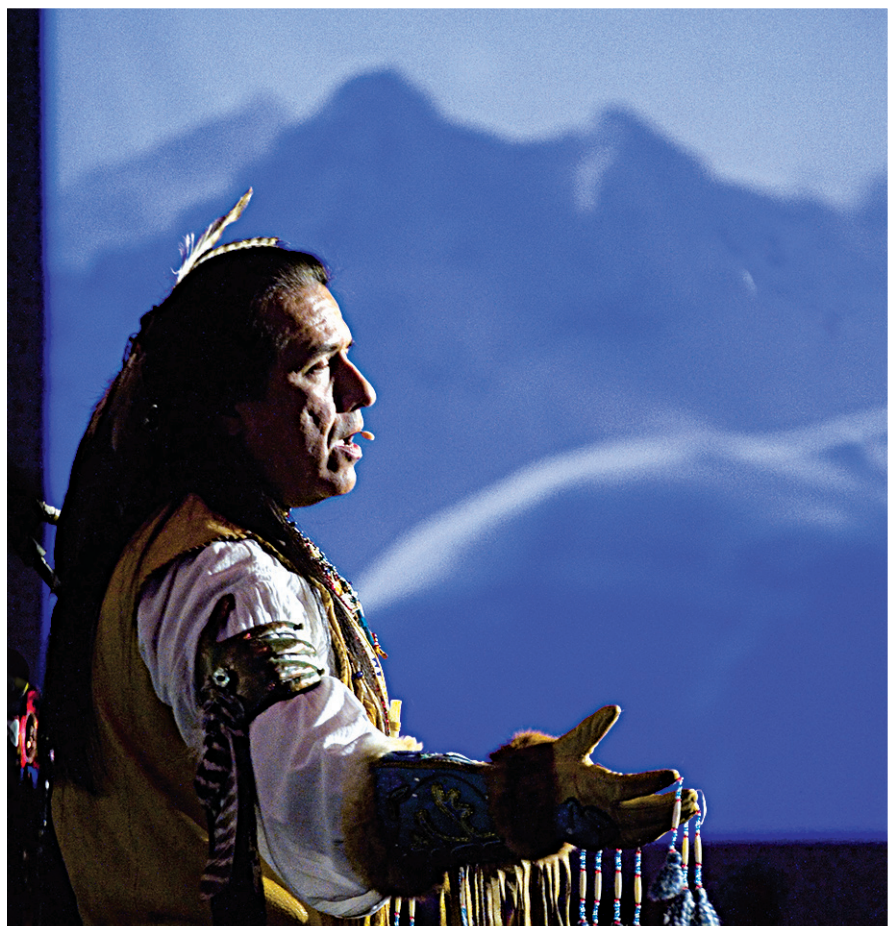
10 years of Luminary Award winners

Celebrating those who bring the light of wellness to the world of Alaska Native health

This spring, the Healthy Alaska Natives Foundation, the Alaska Native Tribal Health Consortium's (ANTHC) charitable arm, celebrated the 10th annual Raven's Ball fundraising gala, which raises awareness and funds that support healthy communities, healthy kids and patient care at the Alaska Native Medical Center.

Each year, a highlight of the Raven's Ball is the presentation of the Luminary Awards. The Luminary Awards recognize individuals for their dedica-

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ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

Luminary

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tion and outstanding contributions to the Alaska Tribal Health System and their communities. Since the Raven's Ball started in 2008, we have welcomed the opportunity to celebrate our Luminary Award honorees for bringing the light of wellness to the world of Alaska Native health.

CONGRATULATIONS TO THE 2017 AWARDEES

The President's Legacy and Leadership Award was presented to Senator Dan Sullivan, U.S. Senator for Alaska. Senator Sullivan is a tireless advocate for improvements to the Tribal Health Care System, particularly through his efforts to pass legislation for water infrastructure funding for small and disadvantaged communities. He set the stage to address one of rural Alaska's longest-standing, persistent problems – the lack of adequate water and wastewater infrastructure in rural communities.

A Distinguished Provider Award was presented to Thomas Bornstein, DDS, Dental Department, SouthEast Alaska Regional Health Consortium. Dr. Tom Bornstein is a career-long advocate of Alaska Native oral health, and a truly remarkable public health visionary. Through his innovation, persistence and commitment to core public health principles, thousands of Alaska Native people have had their lives improved through oral health. Dr. Bornstein was instrumental in laying the foundation of today's world-acclaimed Alaska Dental Health Aide Therapist Program, which has revolutionized access to oral health care for Alaska Native people.

A second Distinguished Provider Award was presented to Rita Blumenstein, Traditional Doctor, Alaska Native Tribal Health Consortium. "Dr. Rita", as she is affectionately known, was the first certified traditional doctor in Alaska, combining traditional Alaska Native healing techniques with modern medicine. She has made outstanding contributions locally



Rita Blumenstein



Senator Dan Sullivan

and globally, while navigating modern technologies and providing a grounding in traditional Alaska Native ways of healing and care.

The Community Spirit Award was presented to Samuel Johns, social media and community activist. Johns has become a beacon of hope for our Alaska Native homeless population, and inspires youth to live a sober life and make a difference in our Alaska Native communities. His work with the Forget-Me-Not Movement, connecting homeless Alaska Native people with their families and communities, has inspired thousands of other Alaskans to join with him and support the group's efforts.

■ For more information about the Healthy Alaska Natives Foundation, visit www.inspiringgoodhealth.org.

PREVIOUS LUMINARY AWARD HONOREES

PRESIDENT'S LEGACY & LEADERSHIP AWARD

This award recognizes an outstanding tribal health leader and/or health care professional, either formal or informal, who has impacted the culture and performance of the Alaska Tribal Health System. The past recipients of this award are:

2016 - Dr. Matthew Schnellbaecher

Dr. Schnellbaecher, ANMC Cardiology Director has been a tireless advocate for care in the Alaska Tribal Health System since he joined ANMC in 1996. Dr. Schnellbaecher has helped grow cardiology services throughout Alaska with the use of telemedicine and other critical efforts to improve heart health for Alaska Native people.

2015 - Andrew Jimmie

Mr. Jimmie was recognized for his advocacy for improvements to the Alaska Tribal Health System as representative for the Tanana Chiefs Conference, especially in efforts involving Elder care issues, mental health and substance abuse issues, and the need for



Thomas Bornstein, DDS

low-cost water and sewer solutions for all villages in Alaska.

In 2015, these awards were combined as the President's Legacy & Leadership Award.

PRESIDENT'S AWARD

This award recognizes a leader outside of the Alaska Tribal Health System, either formal or informal, who has made outstanding contributions to AN-THC's mission of working to make Alaska Natives the healthiest people in the world. The past recipients of this award are:

2014 - James Armbrust

Armbrust served as Director, Indian Health Service Office of Tribal Programs and was recognized for his significant contribution to the development and success of the Alaska Tribal Health System since its earliest days, and for ensuring the success of the Alaska Tribal Health Compact.

2013 - Dr. David Mather

Dr. Mather provided financial analysis and counsel to the Alaska Tribal Health Compact's Caucus and its participants from its earliest days, helping the continuing and increasing success of the Alaska Tribal Health System.

2012 - Lloyd Miller

Former chair and founder of the Native Law Section of the Alaska Bar Association, Lloyd Miller addressed underfunding and improved awareness of issues that impact Alaska Native and American Indian people.

2011 - Myra Munson

Alaska and the Lower 48 tribes will benefit for years from Myra M. Munson's tireless work on the passage of the Indian Health Care Improvement Act.

2010 - Mary Jane Fate

Mary Jane Fate was recognized for her support of bringing a mobile mammogram machine throughout the Interior Alaska river system, her service as

See Page 3, **Luminary**

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

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.

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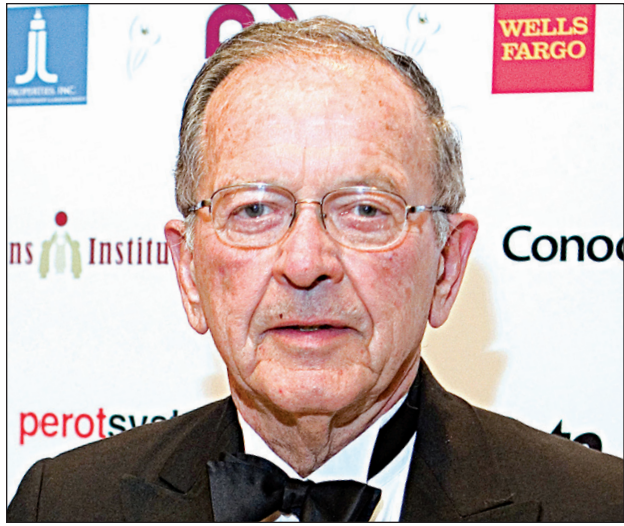
Luminary

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a University regent supporting health teaching and research and service as the first woman head of the Alaska Federation of Natives.

2009 - Alice Rogoff

Alice Rogoff is a tireless advocate and international voice for the Alaska Native community, having founded the Alaska Native Arts Foundation and Alaska House New York, a New York City-based nonprofit arts and cultural center to educate the public on the diverse artistic and cultural offerings of Alaska.



Senator Ted Stevens

2008 - Senator Ted Stevens

Senator Stevens embodied the inaugural President's award as an individual who demonstrated vision and leadership at the national level to promote public understanding of Alaska Native health and wellness issues. His work made a profound impact on the Alaska Native community and helped ANTHC set a standard of health care for Indigenous people throughout the world.

LEGACY & LEADERSHIP AWARD

This award recognizes an outstanding health care professional that has demonstrated commitment to the Alaska Tribal Health System. The past recipients of this award are:

2014 - H. Sally Smith

Sally Smith was recognized for her nearly 50 years of work as a health leader and advocate, bringing awareness of the health challenges and success stories of Alaska Native people to government leaders, policymakers, funding agencies and academic institutions.

2013 - Paul Hansen

Paul Hansen was integral to helping Maniilaq Association run several Indian Health Service programs, providing invaluable technical assistance to Maniilaq representatives and members of the Tribal caucus on a broad range of funding issues for Tribal health providers around the state.

2012 - Valerie Davidson

Valerie Davidson has made countless contributions to the Tribal health system and health care policy, working with a wide array of Tribal leaders, legislators, regulators, policy-makers and people served by the Alaska Tribal Health System.

2011 - Dr. Brian McMahon

Dr. Brian McMahon's work promoting vaccination and liver cancer screening significantly reduced the incidence of hepatitis B in Alaska Native people.

2010 - Mark Gorman

Mark Gorman was recognized for his many years of work in the Tribal Health Care System at South-East Alaska Regional Health Consortium. At the time of his award, he had recently retired after 22 years as the Vice President of Community Health Services.

2009 - Gene Petola

Gene Petola, was president and CEO of the Yukon-Kuskokwim Health Corp., overseeing the comprehensive health care delivery system for 50 rural communities in southwest Alaska.

2008 - Paul Sherry

Paul Sherry was the first CEO for the Alaska Native Tribal Health Consortium and helped develop the organization during its important formative years.

DISTINGUISHED PROVIDER AWARD

This award recognizes a health care provider whose dedication has made a difference in the lives of those patients they care for and in the Alaska Tribal Health System. The past recipients of this award are:

2016 - Savoonga Health Aides

Savoonga Health Aides: Rosemary Akeya, Jordan Annogiyuk, Brianne Gologergen, Dorothy Kava, Chantal Miklahook, Danielle Reynolds, Mary Ann Seppilu

The Savoonga Health Aides were honored for their dedication to their community's health. They are recognized as a team for their collective resilience and strength in the face of the significant obstacles and life-saving care in emergency situations.

2015 - Capt. Gary Givens

Capt. Givens was recognized for his work growing the Alaska Native Medical Center's (ANMC) pharmacy system and developing a department with an excellent customer focus that has become a hallmark of ANMC.

2014 - Dr. Robert Onders

Dr. Onders was recognized for his service to the Kodiak Area Native Association (KANA), most notably in its adoption of a new electronic health record system. The system significantly improved the provision of screening services and generated high patient satisfaction.

2013 - John Salmon, PA-C

At the time of his award, John Salmon worked for Norton Sound Health Corporation for 24 years. He provided authority on tuberculosis treatment and surveillance and his personal interest in computers and telemedicine made him a valuable asset in developing telemedicine and electronic medical records.

2012 - Dr. James Tiesinga

As laboratory director of five major tribal hospitals, Dr. James Tiesinga's work touches the lives of virtually every patient in the tribal health system.

2011 - Dr. Frank Sacco

Dr. Frank Sacco was recognized for his passion in improving Alaska's system of trauma care through the Level II Trauma Center at the Alaska Native Medical Center and for other critical efforts statewide.

2010 - Dr. Gregory Marino

The Distinguished Provider Award will be presented to Dr. Gregory Marino, recognized for his many years of service at the Alaska Native Medical Center as a Hematologist and Oncologist, and for the

care, service and comfort he provides to patients and families.

2009 - Dr. David Head

At the time of his award, Dr. David Head had served as Clinical Director for the Norton Sound Health Corp. in Nome for more than 20 years, his compassion and service epitomized a life dedicated to serving others.

COMMUNITY SPIRIT AWARD

This award recognizes the efforts of an individual who makes a difference through their advocacy of community health, education, support and outreach programs. The past recipients of this award are:

2016 - Mike Williams Sr.

Mr. Williams was recognized for his advocacy for sobriety and subsistence rights that positively contribute to the health of Alaska Native people. Known for his runs in the Iditarod as the "Sobriety Musher," he inspires healthy communities for all of Alaska.

2015 - Dr. Ethel Lund

Dr. Lund was recognized for her vision in founding the SouthEast Alaska Regional Health Consortium (SEARHC) on her beliefs in the power of community-based care, and for retaining cultural aspects of healing in present-day programs at SEARHC.

2014 - Darren Lieb

As Bethel Regional High School Athletics Director and Head Wrestling Coach, Darren Lieb was recognized for his work with Bethel youth and inspiring the community to embrace volunteerism and create healthy opportunities for children in a way the region had never seen before.

2013 - Beverly Hoffman

As a parent advocate, Beverly Hoffman helped improve the community of Bethel and inspire the people of the Yukon-Kuskokwim Delta through countless volunteer efforts. An original member of the Y-K Delta Lifesavers, Beverly fundraised for more than 20 years to build an aquatic center to teach children how to swim.

2012 - Sid Smith

A longtime member of Southcentral Foundation's Elder Advisory Council, Sid Smith was an active volunteer and advocate for elder support and outreach services.

2011 - Galen Kelly

Galen Kelly's outstanding leadership shined in his volunteer work and support of many Alaska non-profit organizations and events. – HANF, AN-THC, Raven's Ball

2010 - Audrey Armstrong

Audrey Armstrong was recognized for her 34 years of volunteer service with the Alaska Native Medical Center Auxiliary as Manager of Auxiliary Patient Services and Director of the ANMC Volunteer Program.

2009 - Roberta Webb Miljure

Roberta Webb is the Auxiliary Patient Services Coordinator at the Alaska Native Medical Center, her service and commitment to helping others serve ANMC patients is extraordinary.

2008 - Tami Dietrich

Tami Dietrich was honored for her outstanding volunteer service with numerous organizations, including the Healthy Alaska Natives Foundation from its beginning.

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Should you still sign up for Health Insurance?

Yes! With health insurance you can help make more services available to you and all Alaska Native and American Indian people.

The Tribally-Sponsored Health Insurance Program (T-SHIP) is open for new enrollees. T-SHIP may pay for health insurance for you if you qualify.

Will ACA enrollment impact me and my Tribally-Sponsored Health Insurance opportunities?

You may have heard that enrollment in the new Affordable Care Act(ACA) Marketplace is closed as of January 31. But if you are an ANCSA shareholder or enrolled member of a federally recognized Tribe, you are allowed to enroll through 2017.

Others can also enroll outside the

open enrollment period if eligible for a “Special Enrollment Period” (e.g. change in family status (e.g., marriage, birth or adoption of a child), loss of offer of affordable employer-sponsored coverage). And if you enroll, you can still have health insurance paid for you through the Tribally-Sponsored Health Insurance Program.

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 Part A, Medicaid, Denali KidCare, TRICARE, CHAMPVA, or affordable health insurance through an employer.

If your family has:	income above this:	and below this:
1 person	\$14,840 Per Year	\$59,360 Per Year
2 person	\$20,020 Per Year	\$80,080 Per Year
3 person	\$25,200 Per Year	\$100,800 Per Year
4 person	\$30,380 Per Year	\$121,520 Per Year
5 person	\$35,560 Per Year	\$142,240 Per Year
6 person	\$40,740 Per Year	\$162,960 Per Year
7 person	\$45,920 Per Year	\$183,680 Per Year
8 person	\$51,120 Per Year	\$204,480 Per Year

- Estimate your 2017 income will be within the guidelines above

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.

■ Contact [SouthEast Alaska Regional Health Consortium's Outreach and Enrollment Manager, Andrea Thomas at (907) 966-8883 or andreat@searhc.org, to see if you are eligible and to receive help with enrollment.

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Proper medication disposal can reduce the risk of unintentional poisoning

Is your medicine cabinet full of expired drugs or medications you no longer use? Proper disposal of unused medications can help protect your family from accidental poisoning.

Unintentional poisoning has been on the rise among our Alaska Native people, but it can be avoided. Poisoning deaths among our people, most from medicine or alcohol, are six times as high as 20 years ago.

Our youth are especially vulnerable. From 2002 to 2011, nearly 80 percent of unintentional poisoning hospitalizations of Alaska Native and American Indian children (ages 9 and under) were caused by illicit or prescription drugs.

Do not give your medicine to friends or take drugs that were not prescribed to you. Doctors prescribe medicines based on your specific symptoms and medical history. Something that works for you could be dangerous for someone else. Disposing of these unused medications at authorized collection locations ensures your drugs will be disposed of responsibly.

The main ANMC hospital pharmacy now has a receptacle for you to dispose of your unused, expired or unwanted medications. This is the best option for safely disposing of your medications, ensuring they are safely disposed of and do not get into the wrong hands.

To use this new service, please visit the ANMC Pharmacy during business hours. The Pharmacy is located in the main hospital at 4315 Diplomacy Drive. You must go to the counter and let the staff know you would like to dispose of medications. They will direct you to the disposal receptacle.

For those unable to visit the ANMC Pharmacy, the U.S. Food and Drug Ad-

ministration 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, such as used kitty litter, coffee grounds or ash; 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.

■ 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.

JULY 28, 2017

SAVE THE DATE FOR OUR 6TH ANNUAL




Golf Classic



TEEING OFF FOR TRIBAL HEALTH

Moose Run Golf Course

Reserve your team or sponsorship today!

inspiringgoodhealth.org

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New rural health fellowship program brings education and experience to physicians

ANTHC partners with a variety of educational programs to bring the best professionals into our Tribal health system. In 2016, ANTHC and our Tribal health partners welcomed two physicians from the University of Washington Global and Rural Health Fellowship, a new program designed to provide clinical training and education in traditionally underserved health care systems.

ANTHC's partnership for this new program with the University of Washington (UW) began in 2015. Recognizing that physicians in internal medicine or emergency medicine rarely have experience with rural or smaller hospital locations, and the health care inequalities of the people these health systems typically serve, the UW Global and Rural Health Fellowship partnered with Tribal health systems in Alaska and South Dakota for one year of the two-year program to provide direct clinical care in internal medicine and emergency medicine. The fellows are part of the UW practice and continue their program in an international location for the second year of the fellowship.

"Partnering with ANTHC provides a unique educational opportunity for fellows to develop cultural competency by living among Alaska Native people for whom they provide clinical care. We hope our fellows will be inspired to live and work in Alaska and pursue global health careers long term," said Dr. Sachita Shah of the UW Global and Rural Fellowship program.

Since July, ANTHC has hosted two post-residency fellows from the program. Dr. Jodie Totten has worked clinical rotations in the Emergency Departments at ANMC and Norton Sound Health Corporation in Nome and surrounding villages of Koyuk, Savoonga and Unalakleet, and is planned for work with Arctic Slope Native Association. She is originally from Sitka and completed her medical residency at the University of Washington.

Dr. Ai-Ling Lin has worked in Internal Medicine at ANMC and Yukon-Kuskokwim Health Corporation in Bethel and the surrounding area. She is from Hawaii and Taiwan, and completed her residency in California.

In addition to their clinical care experience in our Tribal health system, the fellows also have the opportunity to participate in health systems strengthening projects to contribute to the communities in which they are providing care. Dr. Lin is taking the opportunity to learn more about the contributions of the Community Health Aide Program and Dr. Totten is sharing her emergency medicine experience with our Tribal health partners.

"I have been continuously impressed by the quality of care provided in rural locations, especially by the community health aides," said Dr. Totten. "I feel very honored to have the opportunity to work with ANTHC and the Tribal health system, where preservation and appreciation of culture is held in such high value and have already learned a lot from my patients and their communities."

At ANTHC, Dr. Patti Paris, Dr. Esther Lee and Dr. Bob Onders have helped facilitate the fellows' work at ANMC and Tribal health partner locations, in addition to their supervising physician at UW.

Future plans for the fellowship program include increas-

ing the number of participating physicians in Alaska; in July, the program will expand to two Internal Medicine fellows and one Emergency Department fellow with the possibility of expanding into other medical specialties and advanced nurse practitioners. We are pleased to see the first-year success of this program and look forward to continuing the partnership that will invite physicians to see firsthand the quality work we are doing in pursuit of our vision that Alaska Native people are the healthiest people in the world.

■ For more information about the fellowship, visit <http://em.uw.edu/education/global-emergency-medicine-and-rural-health-fellowship> or <http://globalhealth.washington.edu/education-training/residents-fellows/global-and-rural-health-fellowship>.

"I feel very honored to have the opportunity to work with ANTHC and the Tribal health system, where preservation and appreciation of culture is held in such high value and have already learned a lot from my patients and their communities."

– Dr. Jodie Totten



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM



Prevent, Treat, Educate Conference

*Working Together to Reduce HIV, STDs,
Viral Hepatitis and TB in Alaska*

May 8-10, 2017

at the
BP Energy Center

The Alaska Native Tribal Health Consortium's HIV/STD Prevention Program is inviting public health professionals and healthcare providers to a conference on how to best reach, treat and educate those at greatest risk for HIV and STDs, viral hepatitis and TB infections in Alaska.

This conference expands the Clinical STD Update that has been hosted by the University of Washington STD Prevention Training Center to a three-day conference that will also welcome providers from the behavioral, medical, social service and education fields. CEs pending.

For more information, contact Jennifer Williamson,
ANTHC HIV/STD Prevention Program at:
(907) 729-4596 or jjwilliamson@anthc.org

anthc.org/PTE-Conference

Take a look inside Patient Housing at ANMC

Since ANTHC's new facility for patient lodging opened in January, the guests of Patient Housing at ANMC have enjoyed the convenient location connected directly to ANMC hospital. Take a look inside this home away from home for our Tribal members traveling to Anchorage for their medical care.



After years of planning and months of construction, ANMC Patient Housing your home away from home when visiting the ANMC hospital.

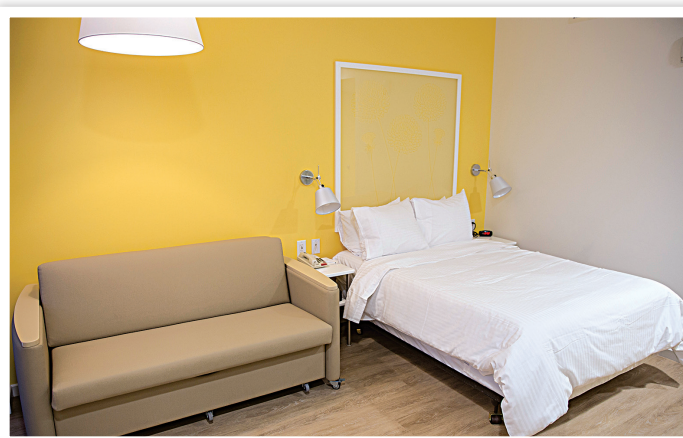


There is plenty of room to enjoy a meal with friends and family in the dining area.

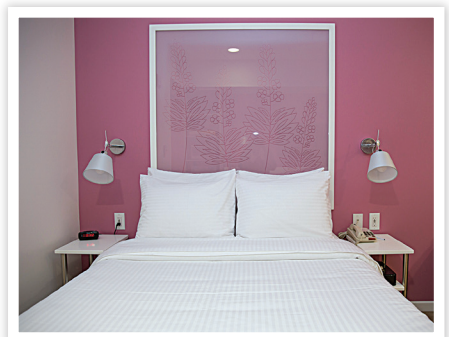


The Market, between to the front desk and lobby elevators, is open 24 hours a day and has to-go meals, beverages, get-well balloons and cards, toiletries and other items for sale.

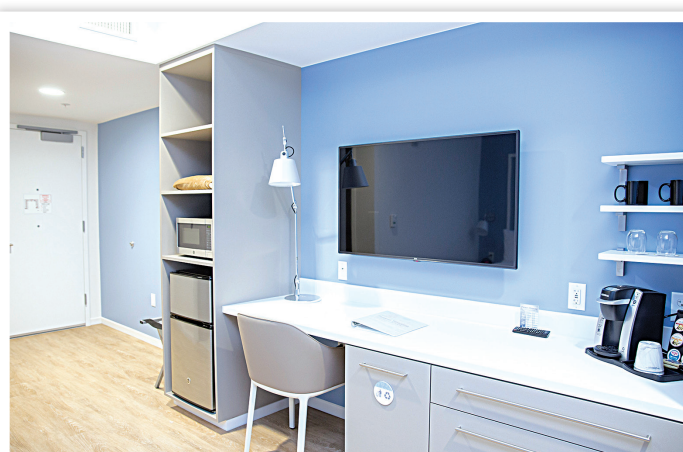
Each room is a comforting space for your friends and family to visit during your stay.



The rooms on each floor in ANMC Patient Housing are brightened by the colors of traditional, medicinal Alaskan plants: blueberry, fern, dandelion, salmonberry and fireweed.



ANTHC Chairman and President Andy Teuber speaks to a packed house during the ANMC Patient Housing grand opening celebration.





Alaska's first Ronald McDonald House is on the top floor of the six-story building, and is dedicated to maternal and family housing. Other amenities at the House include common areas, a dedicated kitchen, access to a workout space and cafeteria, and a library of books for new mothers to take home.



Floors two and four are outfitted with a fully functional kitchen for our guests to use.



Meals and snacks are available in the Patient Housing Café on the first floor. The dining area is open daily for breakfast from 6-10 a.m.; lunch from 11 a.m.-3 p.m., and for dinner from 4 p.m.-midnight.



THANK YOU TO OUR GENEROUS DONORS!

\$100,000 AND UP

- Rasmuson Foundation
- Sonosky, Chambers, Sachse

\$25,000 AND UP

- GCI Healthcare
- Kodiak Area Native Association
- Ms. Myra Munson

\$7,500 AND UP

- Arctic Slope Native Association
- Calista Corporation
- Chugachmiut
- Doyon, Ltd.
- KeyBank Foundation
- Plastic Surgeons of Alaska

\$1,000 AND UP

- Ahtna, Inc.
- Bethel Community Foundation
- Mr. & Mrs. Tasso & Vernè Boerner
- Dr. Teresa Bormann
- Dr. Richard Chung
- Copper River Native Association
- Donlin Gold
- Gary Ferguson, NP
- Mrs. Alberta Flannery
- Mr. & Mrs. Roald & Carly Helgesen
- Mr. Robert Henrichs
- Ms. Kristel Komakhuk
- Ms. Tzu-Ching Liu ANP, Zeizei, & Paul Hager
- Mr. & Dr. Jim & Shanda Lohse
- Maniilaq Association
- Mr. Richard Monkman
- North Slope Borough
- Ms. Kyan Olanna & Mr. John Kakaruk
- Mr. & Mrs. Camero & Kim Reitmeier
- Mr. Aaron Schutt & Mrs. Marissa Flannery
- Tanana Chiefs Conference
- Mr. Jim Torgerson
- Ukpeagvik Inupiat Corporation
- WellsFargo

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ANMC celebrates its hardworking, talented nursing staff during National Nurses' Week



Since 2003, the Alaska Native Medical Center has been Alaska's only Magnet®-recognized hospital, which acknowledges high quality patient care, nursing excellence and innovations in professional nursing practice. Our nurses display their commitment and excellence through professional development and evidence-based practice at ANMC. And in addition to their work and education, many of ANMC's nurses participate in shared governance and the Magnet journey— ANMC is currently in the process of applying for its fourth designation.

In May, ANMC will celebrate and thank our nurses during National Nurses' Week, which is celebrated annually from May 6, National Nurses Day, through May 12, the birthday of Florence Nightingale, the founder of modern nursing.

ANMC nurses are known for going above and beyond in their work, and that dedication is one of the reasons why ANMC has remained Alaska's only Magnet-recognized hospital for the last 14 years. More than 550 nurses work in the ANMC hospital and across the Consortium, making up a quarter of our workforce.

Our nurses are viewed as respected partners, collaborators and leaders. They are constantly seeking ways to improve the services and care we

provide, from processes and initiatives to technology and equipment. Many of our nurses continually strive to strengthen and expand their own skills, as well. More than 175 ANMC nurses have national specialty certifications, with many nurses holding multiple certifications.

Below are some compliments our patients have submitted about our wonderful nursing staff. Please join us in thanking a nurse today!

"Nurses' station 4 West - courteous and kind, very nice people, superstars!"

"I've been an inpatient for eight days now on 5 West and I would like to give special recognition to all the nurses that have helped me through my time in need. They were very courteous and kind, as well as understanding. The 5 West nurses I would like to give special thanks to are Alanna, Rachel, Ashley, Kim, Dave, Susan B, Lori, Jen, and Joanne for taking great care of me when I couldn't do it myself. Thank you!"

"Excellent! Just wanted to say Thank you to all the nursing staff of 4 West! Especially: Deepa, Ginger and Maily! CNAs: Chelsea, Malou and Keisha! You guys ROCK! No matter what we needed, you guys went out of your way to help us!"

"Sara in 4 East is the kind of nurse you hope you have while admitted. She

See Page 9, Nurses





Nurses

Continued from Page 8

was so friendly, super knowledgeable, and always greeted me with a smile. Thank you! YOU ROCK!"

"My grandmother was admitted into the Intensive Care Unit where she spent 2.5 weeks. Her evening nurse, Jordan, did a phenomenal

job taking care of her. He explained to us what he was doing before he did it, and explained it to my grandmother as well. He always did his best to make sure she was comfortable. He put my grandmother and us at ease during a very difficult time. My grandmother and us, her family, really appreciated it. He treated her as a person always, even when it seemed she was

unconscious. Thank you, Jordan!"

"The staff on 4 East were very professional. The medical team was top-notch and I knew I was receiving the best health services available. A nurse names Gina was especially caring and professional. Let people know about my appreciation."

One diverse workforce, a world of opportunity.

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

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

Your next move can make a difference!

Learn more at anthc.org/careers.



**ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM**

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

We're building better health!

Some ANMC clinics have recently moved across campus


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

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


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

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

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



**ALASKA NATIVE
MEDICAL CENTER**



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Celebrating completion of Kotzebue's wind-to-heat energy system

Earlier this year, board members from the Maniilaq Association and Kotzebue Electric Association (KEA) conducted a ribbon cutting ceremony to commemorate the completion of an innovative energy project constructed in cooperation with ANTHC. The Maniilaq Health Center, located in Kotzebue and the region's only hospital, is now experiencing the cost- and energy-saving benefits of its new wind-to-heat energy system.

The new system utilizes excess wind energy from KEA's 3-megawatt wind turbine farm and directs this extra energy to a 450-kilowatt electric boiler in the hospital. This provides space heating at a discounted rate and reduces the hospital's consumption of fuel oil. For KEA, the system provides a large electric load for grid stability, as well as an additional revenue stream, which benefits KEA's customers.

The initiative is the latest in a series of innovative projects envisioned and undertaken by KEA's General Manager Brad Reeve and Project Engineer Matt Bergan. Under Reeve's leadership, KEA has become a pioneer of incorporating utility-scale renewable energy in rural Alaska. The first wind turbines were installed in 1997 and capacity has since grown as more and larger turbines were added. In 2012, two large 900-kilowatt wind turbines were installed, which gave KEA the capacity to produce excess wind energy.

"This project combined cutting-edge innovation with community commitment and federal support to create a win-win result for everyone. Reduced greenhouse gas emissions, reduced fossil fuel consumption, and sufficient savings to fully pay for the project within four years is outstanding. It wouldn't have happened without the superb work of Matt Bergan and Brad



Reeve of Kotzebue Electric, the excellent engineering and project management provided by Praveen KC and Craig Wood of ANTHC Environmental Health and Engineering, and most importantly the enthusiastic support of the Maniilaq board, the mainte-

nance staff of Maniilaq Health Center, and the IHS Environmental Steering Committee," said Will Fraser, ANTHC Statewide Health Facilities Manager.

The project was born out of necessity in coping with record-high fuel oil prices in recent years. In 2012, the

hospital spent more than \$2 million on energy costs and more than \$1 million alone for fuel oil. The hospital consumes approximately 164,000 gallons of fuel oil annually. The new system is expected to cut the hospital's heating

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Energy

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oil consumption by 20 percent and will save approximately 32,000 gallons of fuel each year.

“The system went online Dec. 14 and to date, we have avoided use of about 3,000 gallons of fuel oil,” said Adriel Perry, Maniilaq Hospital Facilities Manager.

The project was jointly funded by

grants from the IHS Environmental Steering Committee and the Alaska Energy Authority Renewable Energy Fund. Along with Electrical Power Systems, the project was designed by ANTHC Design Engineers Praveen K.C. and Dave Reed. The project was co-managed by Maniilaq Hospital Facilities Manager Adriel Perry, ANTHC Project Manager Craig Wood and KEA Project Engineer Matt Bergan.



HEALTHY FOODS, HEALTHY RECIPES: Wild Alaskan Salmon Patties

Wild Alaskan Salmon is a good source of B Vitamins and an excellent source of protein.



WILD ALASKAN SALMON PATTIES

INGREDIENTS

- 1-2 grilled or baked wild salmon fillets
- ½ chopped bell pepper, yellow or red
- ½ chopped sweet onion
- 1-2 eggs, beaten
- ½-1 teaspoon dill
- ¼ teaspoon salt
- Pinch of ground black pepper
- ½ cup bread crumbs, Saltines or gluten-free flour for binder
- Optional: 8-10 pickled jalapeno slices if you like slightly spicy*

PREPARATION

1. Grill or bake salmon fillets. Remove all bones and skin, cut up salmon meat into small chunks and add to large bowl.
2. Add chopped bell pepper, dill, chopped onion, jalapenos, salt and pepper to mix.
3. Add beaten eggs and slowly add binder of choice while mixing until salmon mixture sticks together.
4. Heat large metal pan or skillet on low; add butter or coconut oil to greased pan.
5. Add patties to heated pan and cover with lid. Sear and cook for several minutes until brown.
6. Add pat of butter on top of patties. When butter is nearly melted, gently turn over patties and sear other side.
7. Top patties with your favorite sauce, salsa or add a slice of lemon for added flavor.



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Healthy Alaska Natives Foundation and Rasmuson Foundation help give ANMC babies a comfortable start to safe sleep

Every year, nearly 1,700 babies are born at ANMC. The safety and health of every baby delivered at our hospital is important and we want to provide families who choose to deliver at ANMC with the best resources to ensure the well-being of their child. With help from a generous Rasmuson Foundation grant for ANMC's Family Birthing Services, ANTHC's Healthy Alaska Natives Foundation funded 1,700 HALO SleepSack Swaddle wearable blankets for the infants born here in 2017.

The HALO SleepSack Swaddle is a warm, snug wearable blanket that is specifically created to help babies sleep safer and more comfortably. The HALO SleepSack Swaddle has an adjustable swaddle wrap feature that immobilizes a baby's arms and prevents him or her from rolling on to the stomach. The wearable blankets are also designed to keep a baby from overheating. In addition, it replaces loose blankets in the crib that can cover a baby's face and cause difficulty breathing.

Nearly 3,500 babies die each year in the United States during sleep because of unsafe sleep environments. Some of these deaths are caused by entrapment, suffocation or strangulation and some are caused by sudden infant death syndrome (SIDS). In Alaska, a statewide campaign to promote safe sleep for infants and toddlers was spearheaded after more than 50 sleep-related infant deaths occurred between 2012 and 2014. ANMC's Family Birthing Services will give every baby delivered this year a HALO SleepSack Swaddle to take home with a letter from ANMC and the Healthy Alaska Native Foundation explaining the importance of safe sleep.

■ To learn more about the Healthy Alaska Natives Foundation and join our efforts to keep all babies safe while they sleep, visit www.inspiringgoodhealth.org. For more resources on a safe sleep environment for your baby, visit www.halosleep.com.



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