This spring, the Community Health Aide Program turns 50! Alaska Community Health Aides and Practitioners (CHA/Ps) are the frontline of health care in their communities. For many people living in rural areas, CHA/Ps are providing the preventative care that is helping to improve the health of all Alaska Native people.

See Page 2, CHAP
"Community Health Practitioners are playing pivotal roles in bringing life saving information to Alaskans. You help people discover cancer’s early warning signs and get prompt treatment so they can enjoy long and productive lives. You face many extra challenges as a result of the great distances between villages, the ruggedness of the terrain, and the uncertainty of the weather. That makes your work as community health providers all the more heroic and important. Keep up the good work. I know my colleagues join me in thanking you for the vital work you do."

— Georgia Sadler, PhD, Professor of Surgery UC San Diego, California
Completion of a five-year water and sewer project improves the quality of life for Golovin community

In Golovin, a community of 169 people on Alaska’s west coast about 70 miles out of Nome, 88 percent of the homes are now on the community’s piped water and sanitation system. For many of the homes, this is first-time water service. ANTHC worked with the community for many years prior to construction to coordinate the funding and design of the project, and local construction crews recently completed a five-year, life-changing water and sewer project. The project included a new water treatment plant, a 1.8-million-gallon water storage tank, a half-mile of water main, three-quarters of a mile of sewer pipe, and individual water and sewer services to 94 homes and the Chilkat Eismun Community building. The construction crew completed a safe and successful project to eliminate the honey bucket.

Martin Aukongak, who grew up in Golovin and continues to make his home there, explained that water and sewer service to most homes means that people don’t have to haul water anymore. As a young person, Aukongak hauled water multiple times a week. Some Golovin families would haul over 100 gallons of water a week. Some Golovin families would haul water multiple times a week. Some Golovin families would haul water every day.

Aukongak went on to praise the quality of life for Golovin and continues to make his home there, explained that water and sewer service to most homes means that people don’t have to haul water anymore. As a young person, Aukongak hauled water multiple times a week. Some Golovin families would haul over 100 gallons of water a week. Some Golovin families would haul water every day.

May Mental Health Awareness Month Daily Tips for Mental Health

There are little (but impactful) things you can do every day to improve your mental health. For Mental Health Awareness Month, ANTHC’s Behavioral Health department is sharing 31 daily tips you can do to help boost your mental health for the month of May.

1. First thing in the morning tell yourself: “Today is going to be a good day.”
2. Make a list of 10 things that you are thankful for.
3. Drink at least eight cups of water throughout the day and watch your energy level.
4. Clean up your closet by decluttering things you don’t use anymore.
5. Fill out the Five Senses Chart in the MHAM toolkit at anthc.org.
6. Write your thoughts in a journal.
7. Eat at least two servings of veggies.
8. Listen to your favorite song and look up the lyrics.
9. Make a list of fun activities you want to do this summer.
10. Try a new exercise: swimming, walking, jumping jacks, tennis, biking, etc.
11. Pick your favorite inspiring quote and place it somewhere you can see daily.
12. Look up recipes and the benefits on infused water and experiment with it.
13. Celebrate Mother’s Day by giving someone love to your mother or mother-like figure.
14. Smile at everyone you pass during the day, it can change someone’s day and also brighten up yours.
15. Eat your favorite traditional food.
16. Make a play list of songs that are uplifting and relaxing.
17. Try not eating sugar for the day.
18. Give two people compliments. It will make them happy and you will feel good, too.
19. Go for a walk or a bike ride and pay attention to what you hear, see, smell and feel.
20. Plan out your dinner meals for this week so you will be prepared and not feel rushed.
21. Enjoy the sunset. It’s so beautiful and exciting to gaze daylight.
22. Try to find the good in everything by thinking positive in all situations all day.
23. Reminisce with a friend about old memories.
24. Tell someone how much you appreciate them. Either by a letter or a phone call.
25. Play a card game, it helps with memory and is a good brain exercise.
27. Visit an Elder and ask questions about his or her past experiences.
28. Spend time with family.
29. Do a good deed for someone.
30. Close your eyes and imagine the perfect day.
31. Write down what that looks like.

To help educate and spread awareness about mental health, ANTHC’s Behavioral Health department created a toolkit and activity book to share with people across the state of Alaska. To view the complete toolkit, visit www.anthc.org/MentalHealthAwareness.

ANTHC fundraising to build new Education and Development Center

Last fall, ANTHC launched the Healthiest People in the World fundraising campaign to build a new Education and Development Center. This building will serve as an educational home for expansion of the Community Health Aide, Dental Health Aide and Behavioral Health Aide Programs to support access to care in our rural communities. The ANTHC Education and Development Center will provide Community Health Aides and Practitioners (CHA/Ps), Dental Health Aides (DHA) and Behavioral Health Aides (BHA) a place to learn, collaborate and advance their careers. This new facility on the Alaska Native Health Campus will offer additional space to offer more training and education opportunities that ensure our community health providers have the skills and knowledge to provide our people high quality care. CHA/Ps, DHA and BHA strive to provide the best possible health care on the frontline of the Tribal health system, and ANTHC is proud to support the health training and education that will help them achieve their goals.

In addition, the ANTHC Education and Development Center will open new education opportunities for our community based health providers. The education facility will be a state-of-the-art training facility with shared classroom space and a new and expanded Library and Information Resource Center. The building will add opportunities for distance learning through tele-video equipment and additional technology. The additional space will also help create more opportunities for collaboration with ANTHC’s education partners, such as Ilisagvik College and Alaska Pacific University, and other professionals and mentors in health care.

Your help needed to fund training equipment

You can help us open the ANTHC Education and Development Center with a donation toward training equipment. Make a contribution to the Healthy Alaska Native Foundation online at inspiringgoodhealth.org or more information about the project, contact Kirsten Kolb, ANTHC Chief of Strategy and Administrative Services, at kmkolb@anthc.org.

ANTHC launches MyHealth

MyHealth is a health management tool provided by Cerner® and a way for you to access some of your health records online. With MyHealth, you can:
- View clinical record summary (lab results, immunizations, health issues, discharge summary, surgeries and procedures)
- Access limited lab results (excluding sensitive test results or results that may require further discussion with your provider)
- See your clinical document generator (a snapshot of some medical information)
- Connect with your provider through secure messaging
- View request and cancel appointments

Ask your provider if your Tribal health organization participates in MyHealth.

To access MyHealth, visit www.anthc.org/myhealth.

For more information, visit: anmhc.org/myhealth.

For 24/7 password help, please call (971) 621-0814.
The Tradition of Healthy People and Prevention

Preserving and promoting traditional foods knowledge to build on our culture of health

1999-Present

When Tribal health organizations across the state came together to form the Alaska Native Tribal Health Consortium, one of the guiding beliefs was the idea that Alaska Native leadership would draw from our cultural traditions to build a health system that would fulfill our vision that Alaska Native people are the healthiest people in the world.

From ANTHC’s beginning in 1997, Alaska Native traditional foods and nutrition have played a significant role in how we think about healthy Alaska Native people and preventative community health programs. Healthy eating and food security are important building blocks of health. ANTHC helps promote the knowledge and use of traditional foods and traditional ways that support Alaska Native health.

One of the earliest programs under ANTHC’s Community Health Services supported a health research study that examined the importance and safety of traditional marine mammal food sources for pregnant women. This particular study found that not only are marine mammals – such as seal, walrus and whale – safe food sources with low levels of environmental toxins for pregnant women, but these traditional foods also provide a significant source of vitamin D, which can help promote positive health for both mother and baby. With Tribal leadership, programs promoting the health benefits of traditional foods are part of the strategy for statewide initiatives.

ANTHC has continued to create preventative health services that preserve and promote traditional foods knowledge that builds on our Alaska Native culture of health. Our Diabetes and Cancer programs have published cookbooks that show how traditional foods can be incorporated into a healthy eating plan when confronting disease. ANTHC began providing administrative services for the first federal Food Distribution Program on Indian Reservations community food program in 2008 to help bring in foods for low-income families to supplement a traditional diet. The ANTHC Health Promotion “Store Outside Your Door” project used recipes and video to promote the knowledge and use of traditional foods for new generations. Our Alaskan Plants as Food and Medicine Symposium has spurred new interest in traditional foods and regional programs across Alaska.

Further, our Alaska Native people can enjoy traditional foods as part of their health care. At the Alaska Native Medical Center, you can find patients and visitors enjoying a variety of traditional foods from our Alaska Native cultures. People dining in the cafeteria can order fry bread, a number of meals with salmon and reindeer, halibut, cod, and our Patient Housing Café has a wide variety of new ways to enjoy traditional foods, such as beach asparagus and fiddlehead fern pizza! Our Elder Outreach Program hosts regular traditional foods potlucks for our Elders at Anchorage-area care facilities.

Hear from ANTHC staff in our Traditional Foods video story

Visit ANTHC’s YouTube Channel at www.youtube.com/user/ANTHCtoday

Learn more about ANTHC’s 20 years of history

For more information on ANTHC’s 20 years in operation, see our 2017 annual report at anthc.org/2017annualreport and the 2017 annual video at anthc.org/2017annualreview.
HEALTHY HOMES & COMMUNITIES
More affordable water and sanitation services in Chevak and Noorvik

ANTHC’s efforts have helped make water and sanitation service more affordable for the residents of Chevak and Noorvik, two Alaska Rural Utility Collaborative (ARUC) member communities in western Alaska. Monthly water and sewer rates in Noorvik decreased from $175 to $157.50 per month in the last year, rates in Chevak decreased from $165 to $85 per month in the last two years. Reduced energy costs and more affordable water and sanitation services in Chevak and Noorvik have been connected. In Noorvik, 81 percent of homes are connected. In Chevak, for example, 96 percent of homes have been connected. In Noorvik, 81 percent of homes are connected.

These connections help with a community’s overall health. Studies in rural Alaska communities have clearly demonstrated water and sanitation services improve health for entire communities. Thus, connecting homes to water and sewer is another way of fulfilling ANTHC’s vision that Alaska Native people are the healthiest people in the world.

ALASKA NATIVE MEDICAL CENTER
If I am from out of town and not feeling well, where do I go?

Over the past few years, the Alaska Native Medical Center has continued to grow to meet the needs of our people. Our latest addition to the Alaska Native Health Campus is a new specialty clinic, the Walk-in Clinic. The clinic opened on Jan. 22, and is located on the third floor of the Healthy Communities Building, 3900 Ambassador Drive. The Walk-in Clinic is for out-of-town patients who need medical care for minor illnesses and injuries, such as a fever and dehydration, sore throat, ear or sinus infections, colds, urinary tract infections, flu, high blood pressure, or need medication refills. The Walk-in Clinic can also complete sports or school physicals, as well as Department of Transportation physicals. The clinic is staffed with nurse practitioners, nurse and certified medical assistants to provide you with the best care.

The Walk-in Clinic operates on a first-come, first-served basis, no appointments needed. The clinic is open Monday – Saturday from 9 a.m.–8 p.m., and can be reached at (907) 729-1500. The Walk-in Clinic is happy to offer our valued patients another easily accessible and rapid treatment option. With the numerous options available for care, it can be overwhelming to know where to seek care for your current symptoms or medical needs. If you are experiencing a medical emergency, such as severe chest pain, worst headache of your life, severe shortness of breath, traumatic event, thoughts of harming yourself or others, please go to the nearest Emergency Room or call 911 (9-411 if you are on the Alaska Native Health Campus).

Another option, the Internal Medicine Clinic, is also located on the third floor of the Healthy Communities Building; call (907) 729-1500 to make an appointment. Internal Medicine also has a Same Day Clinic for out-of-town patients, where an appointment can be made to come in same day. The Internal Medicine Same Day Clinic is also available for patients seen in Walk-in Clinic that may need additional care, such as chronic disease management or assessment. Our staff are happy to arrange appointments for your convenience.

We are pleased to offer our people several options for same day health care services, whether you are visiting the Walk-in Clinic, the Internal Medicine Same Day Clinic or the Emergency Room. Our staff look forward to serving you and getting you back to feeling your best.

The map below shows ANMC outpatient clinic locations. A * indicates a new clinic or a clinic that has recently moved locations. If you are unsure of where to go for your appointment, call ANMC toll-free at 1-855-482-4382.
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. 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 17 years. More than 350 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.

In an effort to further recognize our nurses for their outstanding work, ANMC partnered with the DAISY Award, an international program that rewards and celebrates the extraordinary clinical skill and compassionate care given by nurses every day. ANMC presents the DAISY Award quarterly to a RN who regularly goes above and beyond in the care they provide.

The DAISY Foundation was established in 1999 by the family of J. Patrick Barnes, who died of complications of the autoimmune disease Idiopathic Thrombocytopenia Purpura. DAISY is an acronym for Diseases Attacking the Immune System.

2017 DAISY Award winners

Rachel Campanella, Critical Care Unit

Eight-year ANTHC employee, Rachel Campanella, was nominated by the wife of one of her patients, who wrote the following about her: “Rachel is very thorough in explaining what [my husband]’s medications are for. She helped me understand my husband’s illness more than anybody has since our first admission to the unit. She always lets me know what she is doing when she interacts with my husband, whether she is administering medications or just to turn him.”

In response to being presented the DAISY Award, Campanella said, “I remember hearing about the DAISY Award as a brand-new nurse, and wishing I could reach that level of excellence one day. Receiving this award makes me feel hopeful. I am ecstatic to be acknowledged for my hard work and dedication in making a difference.”

Kim Tantanella, Medical-Surgical Unit

Kim Tantanella, an Alaska Native RN and five-year ANTHC employee from Akiachak, received two separate nominations from her fellow nurses for the DAISY award. They wrote the following about her: “Kim is always offering her help to other nurses. She is very compassionate toward staff and patients. Always willing to take the time to stop and listen to patients and staff. Kim’s patients always receive the best care and she always goes above and beyond when it comes to patient care. There is no one story that I could share that depicts Kim as a whole, rather her everyday actions speak volumes for her character. She is very knowledgeable and confident in the care she provides to her patients and fellow staff members. She never hesitates to offer a helping hand and you can feel her sincerity whenever you speak with her. Kim is proactive in her approach and provides care to the patients as a whole instead of focusing on their sickness.”

On winning the DAISY Award: “It is an amazing honor and I can’t believe I got it!” said Tantanella. “I really appreciate my coworkers and my director for the amazing teamwork atmosphere on 5 West. I love having the opportunity to serve the community. I was born in Alaska along with other Alaska Native cultures.”

Kim Tantanella, Akiachak, a four-generation member of the Tantanella family, wrote the following about her: “Kim is always offering her help to all of her patients. She is a hard worker and she always goes above and beyond in her work. She is an amazing nurse that really goes above and beyond to make sure her patients understand what is going on.”

Elizabeth Hesse, Critical Care Unit

Elizabeth Hesse was nominated by her fellow RN and colleague, Lauren Konmard, for her efforts in integrating palliative care practices in the ANMC Critical Care Unit (CCU). Konmard wrote, “For many years, ANMC lacked a solid palliative care program for inpatient clients. Frequent attempts were made by bedside nurses to address the lack of palliative care options, but nothing ever came to be. Beth not only saw this issue, but took it as a challenge to overcome and unlike anyone before her, she has made a difference. In the short weeks since palliative care practices have been piloted in the unit, I have seen so many benefits. Morale has improved unit wide, and we are providing better end of life care than we have ever provided in the past.”

“Toni was very proud and honored to win this award,” said Hesse. “Every day I come to work, I strive to leave my patients in a better state then when I arrived. I work to go above and beyond my role to provide my patients and their families with the care they deserve. In a profession that is mostly thankless, I am ecstatic to be acknowledged for my hard work and dedication in making a difference.”

Stephani Davey, Critical Care Unit

Davey was nominated by the family member of a CCU patient for her exceptional care of the nominator’s mother. Her nominator wrote, “Day in and day out, my family and I checked on my mother’s progress, and Stephani has taken the extra step to keep us updated with no questions asked. As soon as she saw me or my family, she would greet us and give us updates. She is always friendly and helpful. I felt much better each day knowing my mother was in good care.”

“I’ve always felt the DAISY award is presented to nurses who exhibit excellence in their practice. They are patient advocates, team players and passionate about nursing,” said Davey. “It is an honor to be recognized as one of those nurses. Knowing that I connected with a patient and their family in such a big way is a huge privilege. I feel humbled and honored that I was able to be a part of this family’s journey. I love working at ANMC: The CCU has given me so many opportunities to challenge myself and grow as a nurse. Our team is amazing to work with! We really value teamwork, respect and autonomy — I feel so privileged to be able to work with such a great crew!”

Patients, their families and fellow ANMC staff can nominate nurses for DAISY Awards. Nomination forms and collection boxes have been placed throughout the ANMC hospital.

CARER + MANAGEMENT of the ALASKAN BURN PATIENT

FREE for Alaskan health care providers

Attendees will participate in interactive scenarios in burn and wound care, assessments, treatment, stabilization and transfer, along with instructor led learning sessions and discussion.

Online registration
Registration is limited and on a first-come, first-serve basis. alaskaburnpatientsymposium.eventbrite.com

SpringHill Suites Anchorage University Lake
A limited number of rooms are available at a discounted rate. Please email Kimberley Carr at krcarr@anthc.org.

Additional information on the registration page.

Questions? Please email Tony Rich at aerich1@anthc.org.

Presented by the Alaska Native Tribal Health Consortium and Harborview Medical Center with funding from the Department of Health and Human Services System through the Division of Public Health.
The Healthy Alaska Natives Foundation, the Alaska Native Tribal Health Consortium’s charitable arm, hosted the 11th annual Raven’s Ball on March 24 at the Hotel Captain Cook in Anchorage. The Raven’s Ball has garnered the reputation as one of Alaska’s most elegant black-tie celebrations and vibrant fundraising events for Tribal health.

An annual highlight of the 2018 Raven’s Ball will be the presentation of the Luminary Awards. Each year, the Luminary Awards recognize individuals for their dedication and outstanding contributions to the Alaska Tribal Health System and their communities. The Foundation Oversight Committee is pleased to announce the recipients of the 2018 Raven’s Ball Luminary Awards.

The President’s Legacy and Leadership Award will be presented to Senator Lisa Murkowski, U.S. Senator for Alaska. Senator Murkowski has been a longtime supporter and friend of the Alaska Tribal Health System. Through her various congressional committee assignments, she has enacted legislation and provided critical federal funding to improve the health and lives of Alaska Native people. Senator Murkowski was instrumental in getting the Indian Health Service (IHS) to settle its contract support cost claims with Tribal health programs. She secured additional funding for the severely underfunded Village Built Clinic Lease Program and has been an unparalleled champion of sanitation infrastructure in rural Alaska. In 2017, her brave vote against the Affordable Care Act (ACA) repeal efforts protected health care access for tens of thousands of Alaskans and the continued vitality of the Alaska Tribal Health System, by ensuring Alaska would not be negatively affected by cuts to Medicaid and ACA Marketplace subsidies.

A Distinguished Provider Award will be presented to Aurora Johnson, Norton Sound Health Corporation Dental Health Aide Therapist (DHAT). Prior to the Dental Health Aide Therapist Program, there was a lack of adequate dental care in rural Alaska. With the goal of improving dental health in her community, Johnson uprooted her family and moved to New Zealand for two years to be a part of the first cohort of Alaskan DHATs. Following her training program, she moved back to Unalakleet in 2006 and has initiated an active prevention program and provides her community with restorative care. She has positively affected oral health outcomes in the region, teaching patients to care for their teeth, lowering the rates of tooth decay and improving overall health. Johnson has transformed the dental health in her region through the services she’s provided and a tireless dedication to her community.

A second Distinguished Provider Award will be presented posthumously to Julie McNulty, RN, PhD, CPHQ, Alaska Native Tribal Health Consortium. McNulty was a visionary, dedicated, passionate and hard-working nurse leader who worked in the Alaska Tribal Health System – first at the Alaska Area Native Health Service and later the Alaska Native Tribal Health Consortium – from 1993 until her death in March 2016 following a brave 18-month battle with cancer. She left a lasting legacy on health care in Alaska and was the driving force behind ANMC receiving Magnet designation in 2003, which is the highest honor bestowed to a health care organization for nursing excellence and awarded to only 8 percent of hospitals in the U.S. McNulty was a mentor to nurses, pioneering both the Nursing Internship Program and the multidisciplinary Preceptor Development Program to strengthen nursing both at ANMC and throughout the national Tribal Health System. Her published research on Cancer Survivorship in Rural and Urban Adults leads us to challenge long-held beliefs about the role of support for cancer survivors. Her efforts towards improving nursing research, evidence-based practice, nursing quality and community partnerships are immeasurable but felt throughout Alaska – in the programs she helped implement, the nurses she mentored and the quality health care delivered in our communities.

The Community Spirit Award will be presented to Wilson Justin, community activist. Justin has dedicated his life to community health, education, and support and outreach programs. He is an outstanding advocate for culturally responsive education, especially health and wellness related education within the Alaska Tribal Health System. For over two decades, he has worked to bridge the distance between western medicine, traditional medicine and overall well-being. He has been a dedicated, unpaid volunteer and featured guest speaker, sharing his wisdom with many people. Justin is an adjunct professor for the University of Alaska Fairbanks and the University of Alaska Anchorage, teaching courses such as Tribal Government in Alaska, a variety of Tribal court and justice courses, and Alaska Native cultural values. Justin helped move programs forward at the Mt. Sanford Tribal Consortium, where he was the Health Director for 37 years. Wilson has mentored many Alaska Native scholars and leaders and has made lifelong education and community service a way of life.

The Mukluk Telegraph