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THE Mukluk Telegraph



THE QUARTERLY NEWSPAPER OF THE ALASKA NATIVE TRIBAL HEALTH CONSORTIUM OCTOBER - DECEMBER 2019

Dental Health Aide Education Program celebrates largest graduating class



Ten Dental Health Aide Therapists graduated from the Alaska Dental Therapy Education Program, a partnership between the Alaska Native Tribal Health Consortium and Iñisagvik College.

This summer, family and friends gathered in Anchorage to celebrate 10 new Dental Health Aide Therapists (DHAT), the largest graduating class from the Alaska Dental Therapy Education Program (ADTEP) to date.

“As we begin the celebration of 15 years of DHAT practice in Alaska, it is fitting that this is our largest class, with 10 graduates,” said Dr. Mary Williard, Director of Oral Health Promotion, who helped create ADTEP. “The success of our DHAT education program has been documented, showing that the work of Dental Health Aide Therapists helps to

significantly decrease the rate of severe dental disease while increasing the amount of preventive services available for our Alaska Native people, often within their own communities.”

The program in Alaska is now being utilized as a dental care solution for Tribes in other states, with a growing number of students enrolling from out of state.

“It is also exciting to note that seven of this year’s graduates are from Tribal communities outside of Alaska. These graduates will go on to help erase the oral health inequities suffered by too many Alaska

Native and American Indian people around our county and beyond,” said Williard.

More than 40,000 residents across Alaska rely on ADTEP graduates to provide oral health care without traveling long distances from their home communities. Without DHATs, the geographic challenges can result in people of all ages not receiving routine services such as cleanings or X-rays.

“This program brings with it the knowledge and abilities that will change the care our communities

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**ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM**

ANMC
ANMC rolls out
new patient
surveys – help
us improve
our quality
of care

After you or a loved one return home from a visit to the Alaska Native Medical Center, you will receive a survey via mail, text or email from Press Ganey asking you to answer some questions about your visit. You may have wondered why you received an email or text – and if you should answer.

“ANMC leadership values our patients’ feedback and encourages our people to complete these surveys,” said Allison Knox, Vice President of Customer Experience. “Knowing where we are meeting or exceeding your expectations, and where there is room for improvement is very helpful information for us in serving our people well.”

Previously, only adult inpatients received mail surveys for feedback after a hospital stay. Now, in addition to adult inpatients who were recently discharged, our expanded survey areas include: Outpatient Ambulatory Surgery Center (survey via mail), Outpatient Specialty Clinics (survey via mail and text/email), the Emergency Room (survey via mail and text/email) and Inpatient Pediatrics (survey via mail and text/email).

The eSurvey link is sent by email or text message and leads to a personalized welcome page for an online survey. Patients will use their date of birth to verify who is completing the survey.

Patients that do not return the e-survey within five days will receive a second notification and opportunity to provide feedback.


These new surveys focus on topics including: Access to care, care coordination, careful listening, courtesy/respect, engagement/


Our Patients Are Important

We want to improve, and you can help.

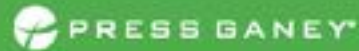
You may receive a survey asking you about your visit.

Please complete the survey. We will use your feedback to make improvements.





You may receive a survey notice on your smartphone, mail, email or text.



Surveys are administered by Press Ganey Associates, Inc. All responses are confidential.

patient-centered care, loyalty, patient education, responsiveness, safety, cleanliness, pain management and privacy.

The surveys are quick to fill out – they take less than 10 minutes to complete. Your unique patient experience and feedback matters to us and your feedback will be used to

improve the care you receive from us in the future. Your personal information and feedback is confidential and helps us identify areas for improvement.

At the Alaska Native Medical Center, we strive to provide high-quality, compassionate care to all of our patients and their families. By participating in patient surveys via our

survey vendor Press Ganey, you help us make improvements to the care we provide. Thank you for choosing ANMC for your care.

For more information on inpatient and outpatient surveys, please email CustomerContact@anmc.org.

THE MUKLUK TELEGRAPH

The Mukluk Telegraph is the official newspaper of the Alaska Native Tribal Health Consortium. The paper is published quarterly and distributed at no charge to patients, employees and partners of ANTHC statewide. Have a suggestion or a compliment for the Mukluk Telegraph? We would love to hear from you. E-mail the ANTHC Marketing Department at akamarketing@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

DHAT

Continued from page 1

receive,” said Ruby Okitkun, of Kotlik in the Yukon-Kuskokwim region, who was one of the three Alaskan graduates. “As the tools ADTEP provides are imparted to an individual, the roots in the community grow deeper. The combination of modern dentistry and traditional values is impactful.”

At the Yukon-Kuskokwim Health Corporation, students implemented a community-based sealant program in 2015. This program has decreased the number of decayed, missing and filled permanent teeth in kindergarten through seventh grade students by more than 50 percent.

“We are so proud of what you have achieved,” said Roald Helgesen, ANTHC CEO and Administrator. “Alaska is thrilled to share program knowledge and training with Washington, Idaho, Oregon and beyond, so that our people can have parity and access to good oral health services. Ten dental health aide therapists join more than 51 others across Alaska, and now we can say, across the United States.”

In addition to providing oral health care knowledge, the DHAT program includes educating graduates to return to their communities as “change agents” according to Dr. Williard.

For Okitkun, the development of communication and people skills is a surprising added benefit of the education program. It helped her come out of, what she calls, her “quiet shell.”

“Prior to my first day of class, I expected to learn very well how to care for teeth and how to provide services for patients coming in to receive dental treatment. Little did I know that we would be learning so much more. In addition to performing dental exams, cleanings, fillings and simple extractions, I learned to be an important piece to achieving better health; a provider for my community, from my community,” she said.



The Swinomish Canoe Family of Washington state, celebrate the graduating Dental Health Aide Therapists with a music performance.



Gwendolyn Oweltuck (center), of Marshall in the Yukon-Kuskokwim region, was one of three students to finish the first year of training and earn the white coat, presented by Dr. Mary Williard (left) of ADTEP and Amanda Sialufi (right), Dean of Students for Iñisagvik College.



Ruby Okitkun (left), of Kotlik in the Yukon-Kuskokwim region, celebrates her graduation with Dr. Mary Williard (center), who helped create ADTEP.



Your flu vaccine protects me
My flu vaccine protects you

- The flu vaccine is safe. You can’t get the flu from a flu vaccine.
- Pneumonia and flu are a leading cause of death among Alaska Native and American Indian Elders.
- Please get a flu vaccine each year to protect you and your family.

Learn more at www.cdc.gov/flu or call 1-800-CDC-INFO



HEALTH ADVOCACY

Program expanding health care services, providing access to legal support for Alaska Native people, earns global award

Earlier this spring, the Partnering for Native Health Program (PNHP) entered the World Justice Challenge: Access to Justice Solutions, a global competition aimed to “identify, recognize and promote good practices and successful solutions to improve access to justice.”

PNHP is a collaborative effort between the Alaska Native Tribal Health Consortium (ANTHC), the Alaska Legal Services Corporation (ALSC), and Alaska Pacific University (APU). The program trains health providers to screen patients for potentially health-harming legal needs and treat those needs by developing a legal treatment plan. In doing so, the PNHP transforms traditional health care, typically focused on only the physical symptoms of the human body, to one that incorporates legal assistance as a health tool, preventing systemic community health problems through immediate legal interventions.



After reviewing over 250 applications, the PNHP was selected as one of 30 to be showcased during presentations at the World Justice Forum at The Hague, Netherlands, from April 29 through May 2. The event showcased the revolutionary work of the PNHP in fostering partnership between medical and legal professionals, and PNHP was named one of only five awarded among the field of international participants.

“This award recognizes the incredibly innovative solutions being created in Alaska,” said Dr. Robert Onders, Medical Director for Community and Health System Improvement at ANTHC and President

of APU. “Health systems increasingly recognize the importance of the social determinants of health and the role for team-based health delivery, such as employment, housing, and safety from violence are often better addressed through civil legal aid. The Partners for Native Health Medical Legal Partnership’s attorneys have become critical members of the Alaska Tribal Health System assisting individuals, families, and communities with many health harming civil legal needs.”

The medical-legal partnership program between the Alaska Native Medical Center (ANMC) and ALSC, as well as several other Tribal health organizations both in Alaska and the Lower 48, began in the summer of 2017. The partnership aims to improve the health of Alaska Native and American Indian people by reducing legal hardships brought on by social or environmental factors, which can have a negative impact on overall wellness.

Since the program’s inception, legal aid “extenders,” or alternative ways for Alaska Native and American Indian people to have equal access to the civil legal services, were determined to be a significant need in the Tribal health care system. As a result, PNHP was developed, and has grown into a globally recognized program.

“It is really wonderful to see the great work that is happening in Alaska through our strong community collaborations and partnerships be recognized as a potential solution to access to justice challenges worldwide,” said Nikole Nelson, Executive Director, Alaska Legal Services Corporation. “Too often, Alaska Native people are not able to get the help they need to address legal issues that impact their health.”

Utilizing technology to unite health care and education will promote legal equity and fairness for indigenous people, especially in remote and rural areas, and will continue to improve lives across Alaska and beyond.

“Teaming up with ANTHC and APU has given us the opportunity to learn from our partners and rethink and


redesign Alaska’s civil legal aid delivery system,” said Nelson, who attended the award ceremony, with Izzy Williamson, Medical Legal Partnership Project Director. “We hope this award will help us bring the full scope of our vision for a people-centered justice ecosystem that is fully accessible to all Alaskans no matter their means or how far they live from the court house, to reality.”

Currently, the Partnering for Native

Health Program provides legal support in 233 Tribes, through 13 locations throughout Alaska and the Lower 48.

For more information on the program, visit worldjusticeproject.org/world-justice-forum-vi/world-justice-challenge-2019


2019 ANNUAL MEETING



Monday, December 2 at noon
Dena’ina Center, Anchorage, AK

Every day, ANTHC staff provide life-changing health services and improve access to care for Alaska Native people around our state. Please join ANTHC’s Board of Directors and leadership team to learn more about our work at the ANTHC Annual meeting.

To help offset travel costs, a \$500 travel reimbursement will be issued to each Tribal government represented.



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For more information, call (907) 729-1915 or visit anthc.org.

ALASKA NATIVE MEDICAL CENTER

Allergy and Immunology Clinic at ANMC now open

Specialty services at ANMC is proud to announce the addition of ANTHC’s 36th specialty service: Allergy and Immunology Clinic at ANMC. This new specialty service is located within the Internal Medicine Clinic, on the third floor of the Healthy Communities Building.

The Allergy and Immunology Clinic sees patients of all ages. Providers can refer for a variety of allergy and immunology issues.

Dr. Baruch Friedman is a Board-certified allergist-immunologist with almost 30 years of experience. Prior to joining ANTHC, he was the former Chief of Allergy/Immunology at the

MedStar Good Samaritan Hospital in Baltimore as well as an assistant professor for the Johns Hopkins Allergy/Immunology division.

Dr. Friedman was awarded by the American Academy of Allergy and Immunology for excellence as part-time faculty.

Dr. Friedman’s commitment to helping allergy and asthma patients comes from personal experience.

“Having been sidelined with severe allergies throughout my childhood, it has become my mission to make sure all my patients remain comfortable and functional throughout the respective allergy seasons.”

Dr. Friedman also ran a part-time faculty clinic at the Johns Hopkins Allergy and Asthma Center that was designed to provide a more optimal teaching experience for the allergy fellows in training. Dr. Friedman performed inpatient consultations at Johns Hopkins to assist in the training of the allergy/immunology fellows.

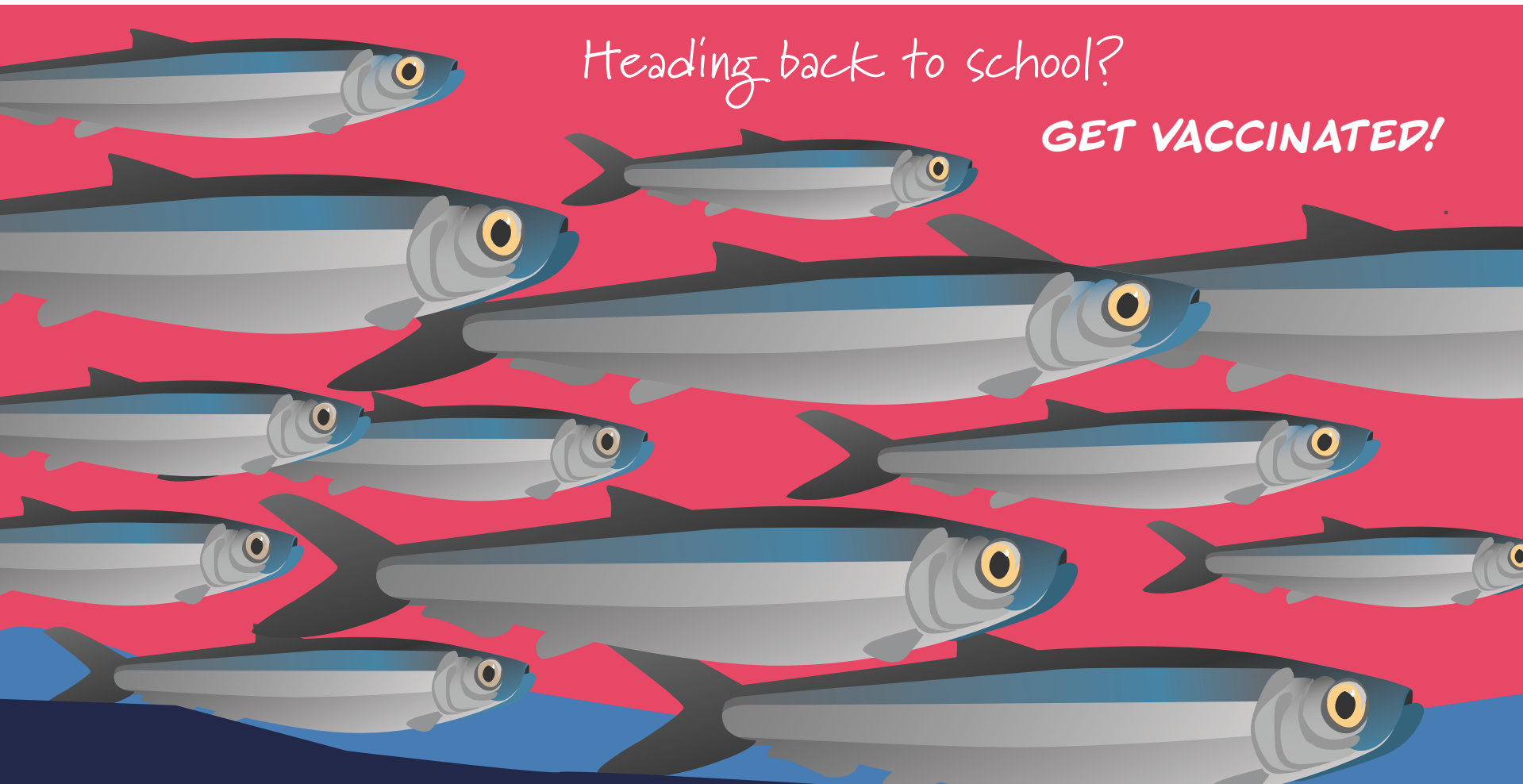
Clinic information and referral process

The Allergy and Immunology Clinic hours are 8 a.m.- 4 p.m., Monday-Friday. Dr. Friedman is also available for inpatient consultations.

To refer to the Allergy and Immunology Clinic, primary care

providers should utilize the Internal Medicine Clinic referral process. The referring provider should indicate on the referral that it is for the Allergy and Immunology Clinic. The referral will then be redirected to the allergy scheduler. At this time AFHCAN/telehealth referral option is not available, but will be in the future.

If providers or staff have questions about the referral process, they are encouraged to reach out to our scheduler at 729-2053. The RN Case Manager can be reached at 729-1522.



Heading back to school?
GET VACCINATED!

The Walk-in Clinic at ANMC


Open seven days a week!

ANMC’s Walk-in Clinic is for patients of all ages who have an illness or injury that needs immediate care but are not experiencing a medical emergency. Here are some reasons to visit the Walk-in Clinic at ANMC:

• Medication refills	• Fever	• Sore throats and colds	• Urinary tract infections
• Vaccinations	• School and DOT physicals	• Cuts and minor skin infections	• STI testing

Located on the third floor of the Healthy Communities Building, 3900 Ambassador Drive
Open Monday-Saturday from 9 a.m.-9 p.m. and Sunday from 10 a.m.-6 p.m.

Phone: (907) 729-1500



ALASKA NATIVE
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HEALTHY PEOPLE AND PREVENTION

Helmets On: Lessons from New Stuyahok following near-fatal crash

New Stuyahok sits on the quiet, rolling hills above the Nushagak River in the Bristol Bay region of southwest Alaska. Like many rural areas in the state, New Stuyahok residents rely on skiffs, snowmachines and all-terrain vehicles (ATVs) for their subsistence hunts and day-to-day travel within the community. There are trucks in New Stuyahok, but they are about as rare as tall trees on the tundra.

Following an ATV crash that impacted the entire community, Tribal leaders and the Chief Ivan Blunka School partnered with Alaska Native Tribal Health Consortium to bring ATV safe riding and helmet education to the entire student population, kindergarten through 12th grade.

"Community members reached out to build a partnership with ANTHC, both with the Trauma department and Injury Prevention, to help come up with a plan," said Dr. Elisha Brownson, ANMC Trauma Medical Director. "This included engaging the community with education about ATV crashes, as well as building a curriculum for students to learn about ATV safety."

ANTHC Injury Prevention built a lesson plan, adapting Arkansas Children's Hospital ATV safety material, specifically for an Alaska Native youth audience. Following a community needs assessment meeting, ANTHC Trauma and Injury Prevention partnered with Bristol Bay Area Health



Susan Romero, ANMC Pediatric Critical Care Nurse Practitioner, fits children for proper-fitting helmets. In total, 120 students went through the ATV class and received helmets.

Corporation and gave ATV safety classes to two age groups: students grade 6-12 and kindergarten-5th grade. In total, 120 students in the community went through the lessons and received helmets.

Visit ANTHC.org for the story, video and more photos from "Helmets On: Lessons from New Stuyahok following near-fatal crash."



ANTHC sent a multi-disciplinary team from the Trauma department and the Injury Prevention Program to New Stuyahok to give the ATV safety classes. From left to right: Hannah Gillis, ANMC Registered Nurse; Susan Romero, ANMC Pediatric Critical Care Nurse Practitioner; Dr. Elisha Brownson, ANMC Trauma Medical Director; Ingrid Stevens, ANTHC Injury Prevention Program Manager.



ATVs line the outside of the community store in New Stuyahok. ATVs are by far the most common form of motorized land transportation in the community.



A "Helmets On" sticker is stuck on a student's locker. ANTHC designed the stickers using Chief Ivan Blunka School's mascot, a bald eagle, wearing a helmet.



Ingrid Stevens, ANTHC Injury Prevention Program Manager, gets a thumbs up from students for wearing a proper fitting helmet.

John Hanson, father of Jared who was severely injured in an ATV crash, gives an impassioned speech about the need to change the culture regarding helmet use and ATV safety.



Jared Hanson was a sophomore when he got into a near-fatal ATV crash that left him with a traumatic brain injury, a fractured wrist, loss of vision in his right eye, facial fractures and difficulty with speaking, talking and swallowing. More than a year later, he's still dealing with the effects of the traumatic brain injury.



An elementary school student participates in a helmet-coloring activity during ANTHC's ATV safety class at the Chief Ivan Blunka School.



During Chief Ivan Blunka School's Discovery Week, students learned how to maintain and change the oil on all-terrain vehicles, also called Hondas in the community.

A student works on an all-terrain vehicle in Chief Ivan Blunka School's workshop.



Jared Hanson plays video games with his younger brother, Joel. Jared was unable to play high school basketball during the entire 2018-19 season because he was still recovering from a traumatic brain injury that he suffered during his ATV crash.



Elementary students feel padding on the inside of a helmet during their lesson from ANTHC Injury Prevention Program and Trauma department staff.

HEALTH AND MEDICAL SERVICES

Stay safe from the flu this winter season

As cold and flu season is upon us, it's time to take precautionary measures to keep ourselves and those around us healthy and safe from infection. The flu vaccination and practicing proper hand hygiene will help protect you and those around you. The influenza season in Alaska runs from about September-May, but usually peaks between December-March.

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

Many Tribal health organizations are running flu clinics across Alaska. Please check with your local facility for times and dates near you. Anchorage residents can go to the ANMC Anchorage Native Primary Care Center to receive a flu vaccine. If you are visiting Anchorage, you can also go to the Walk-in Clinic at ANTHC for a flu vaccine.

Vaccination is safe and effective
And now that school is back in session, please ensure your children and yourself are up to date on the rest of your vaccines. It is always better to prevent a disease than to treat it after it occurs. Diseases that used to be common in this country and around the world, including polio, measles, diphtheria, pertussis (whooping

cough), rubella, mumps, tetanus, and rotavirus can now be prevented by vaccination.

Vaccination is safe and effective. All vaccines undergo long and careful review by scientists, doctors, and the federal government to make sure they are safe. Thanks to a vaccine, one of the most terrible diseases in history – smallpox – no longer exists outside the laboratory. Over the years, vaccines have prevented countless cases of disease and saved millions of lives. If you have any questions about what vaccines you and your family should get, talk to your primary health care provider.

Hand washing is important
This time of year, it is also critical to practice proper hand hygiene. You should always wash your hands before, during, and after preparing food; before eating food; before and after caring for someone who is sick; before and after treating a cut or wound; after using the toilet; after changing diapers or cleaning up a child who has used the toilet; after blowing your nose, coughing, or sneezing; after touching an animal, animal feed, or animal waste; after handling pet food or pet treats; and after touching garbage.
How should you wash your hands? Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap; lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails; scrub your hands

FIGHT THE FLU WITH CLEAN HANDS!

The most effective way to prevent seasonal flu is to get vaccinated, but good health habits like covering your cough and washing your hands can help stop the spread of germs and protect you from the flu. Here are six simple and effective steps to proper handwashing.

1

WET HANDS WITH CLEAN, RUNNING WATER

2

APPLY SOAP

Practicing hand hygiene is a simple yet effective way to prevent illnesses and infections.

3

LATHER HANDS

Be sure to include the backs of your hands, between your fingers and under your nails.

4

SCRUB HANDS FOR AT LEAST 20 SECONDS

Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

5

RINSE HANDS WITH CLEAN, RUNNING WATER

6

DRY HANDS WITH CLEAN PAPER TOWEL OR AIR DRY

To keep hands clean after washing, use paper towel to turn off water and open bathroom door.

ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

For more health tips and information, visit [anthc.org](#).

for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice; rinse your hands well under clean, running water; and dry your hands using a clean towel or air dry them.
If you don't have clean, running water available to wash your hands, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol. To effectively use a hand sanitizer, apply

the product to the palm of one hand (read the label to learn the correct amount); rub your hands together; and rub the product over all surfaces of your hands and fingers until your hands are dry.
Following these tips this time of year will help to ensure a safe winter season for you and those around you.

PROUDLY ANNOUNCING OUR 13TH ANNUAL SIGNATURE FUNDRAISER

Raven's Ball

BLACK-TIE BENEFIT FOR ALASKA TRIBAL HEALTH
HOTEL CAPTAIN COOK • ANCHORAGE, ALASKA • MARCH 28, 2020

For information about becoming a sponsor, donor or volunteer, please contact 907-729-5652 or info@inspiringgoodhealth.org

HEALTHY PEOPLE AND PREVENTION

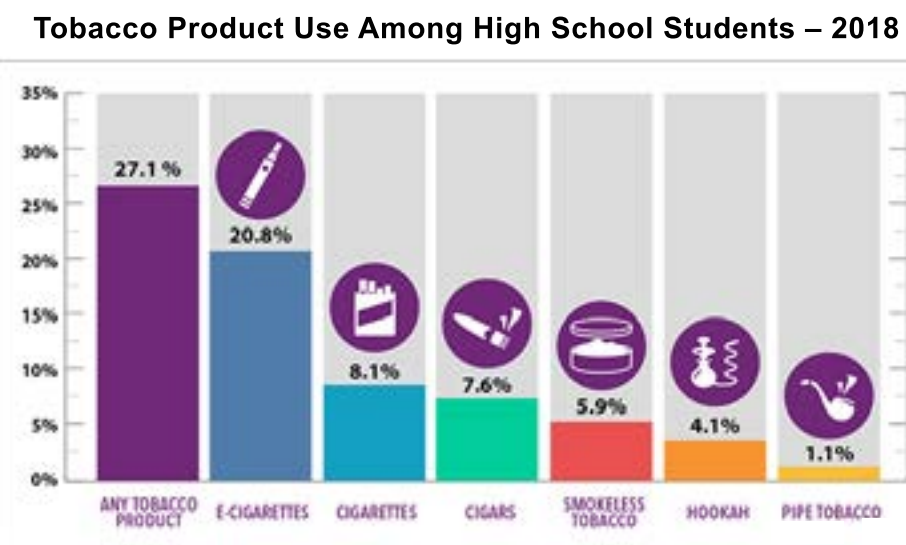
Are you ready to quit tobacco? Is vaping as harmful as cigarettes?

SET A QUIT GOAL FOR THIS YEAR'S GREAT AMERICAN SMOKEOUT
Since the 1970s, the American Cancer Society has inspired people to quit tobacco through the Great American Smokeout (GASO). Every year, GASO is celebrated on the third Thursday of November, which falls on Nov. 21 this year.

Quitting tobacco whatever it may be, smoking, chew or iqmik is hard. For some, even thinking about quitting is far from the top of the priority list. Research has shown that 70% of people who smoke want to quit and that people who try to quit are more successful when they have support. Thousands of people across the country take part in GASO every year and the American Cancer Society provides the support and resources to help those who are ready to quit.

The ANTHC Tobacco and Prevention control program has planned events on the Alaska Native health campus to engage those considering making a plan and to offer knowledge to achieve that goal when they are ready. Visit [anthc.org/tobacco](#) to find out how to make your plan to live a smoke-free life.

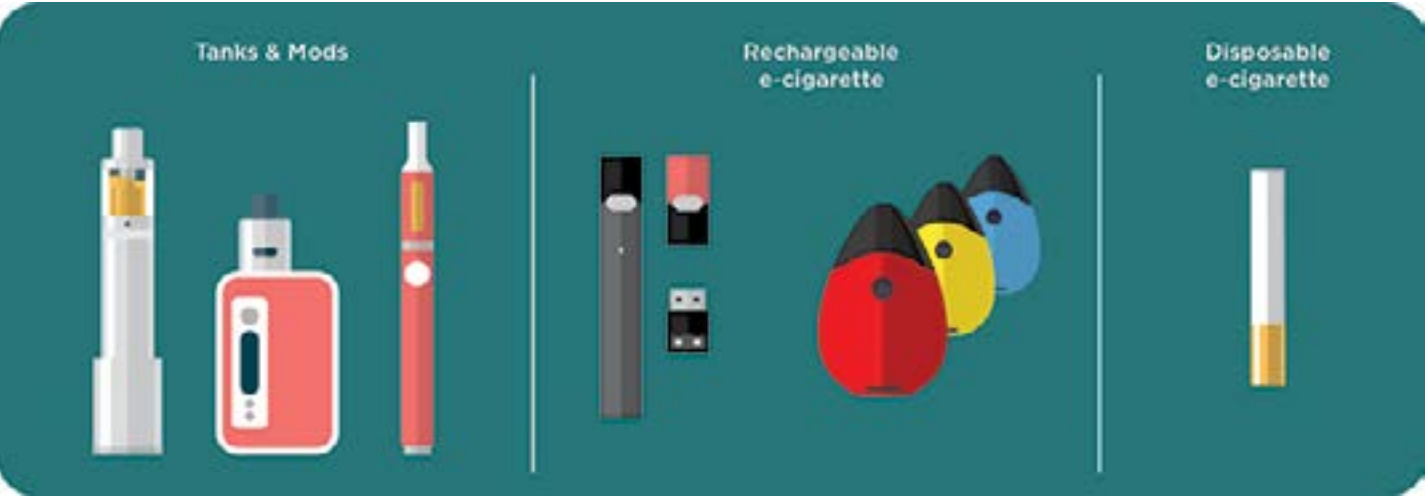
NEW TOBACCO PRODUCT USE ON RISE WITH TEENS
Juuls, electronic cigarettes, vapes. Vaping, Juuling. Juice. Mods.
If you've heard these words from the kids, teens or young adults you care about, it might be time to have a conversation about vaping, the fastest



According to the CDC, vaping or e-cigarettes are the most commonly used tobacco product among U.S. high school students.

growing tobacco product among high school students.
The products are also referred to by a common brand of e-cigarettes called Juul. According to the website thetruth.com, one Juul pod contains 20 cigarettes worth of nicotine. Juuling or vaping is designed to inhale highly concentrated levels of nicotine in a way

that doesn't smell or taste like tobacco, but is still addicting, habit forming and linked to many emerging diseases. In fact, the delivery devices are easy to conceal, lightweight, often smell fruity or like candy, and can be shaped like a small USB thumb drive or other common household items.
According to the Center for Disease



Vaping or e-cigarette devices can be small, and shaped like a USB drive or other common items.

Celebrating 25 years!

Alaska Tribal Conference on Environmental Management

November 19-22, 2019
Anchorage, Alaska

[atcemak.com](#)

THINKING ABOUT COLLEGE?

Alaska Pacific University offers up to a 50% discount to ALL Alaska Tribal Health System employees and dependents who are newly enrolled APU Students.

For more information, visit [anthc.org/apuscholarship](#)

ALASKA NATIVE MEDICAL CENTER

ANMC Orthopedics Clinic recognized as Alaska’s only “High Performing” specialty care program



The U.S. News & World Report recently recognized ANMC as the only “High Performing Hospital” in Alaska, in the area of orthopedics. The U.S. News & World Report, the global authority in hospital rankings, released the 2019-20 Best Hospitals rankings in July. The new and revised 30th edition provides an assessment on nearly every hospital nationwide that is designed to assist patients and their doctors in making informed decisions about where to seek care.

Spanning 25 adult specialties, procedures and conditions, the rankings for 2019-20 evaluated nearly every community hospital in the U.S. This year, only 165 hospitals out of more than 4,500 were nationally ranked in one specialty, with ANMC earning a nod for the excellent outcomes through the orthopedic specialty. The U.S. News Best Hospitals methodologies are based largely on objective measures such as risk-adjusted survival and discharge-to-

See Page 11, Orthopedics



Orthopedics

Continued from page 10

home rates, volume, and quality of nursing, among other care-related indicators.



ANTHC continuously strives to provide Alaska Native people the best care in all of the specialty care clinics that we manage. Under the direction of the Board of Directors, improvements in patient care expansion of surgical services have been made at ANMC recently, resulting in improved patient outcomes, less recovery time, greater patient satisfaction and ultimately, nationally recognized excellence in orthopedic surgical care.

Congratulations to our Orthopedics team for providing the high-quality care and excellent patient experience that bring important healing to our people that they serve.



Healthy Foods, Healthy Recipes: Cranberry Bison Pot Roast

Bison is an excellent source of protein, a good source of iron and is low in fat.



CRANBERRY BISON POT ROAST

INGREDIENTS

4 pounds boneless bison roast

2 tablespoons olive or canola oil

2 tablespoons flour

1 teaspoon salt

½ teaspoon pepper

1 ½ cups beef or game broth stock

2 cups red onion, chopped

2 lbs potatoes, cleaned and diced into 1 ½-inch pieces

6 medium carrots, peeled and chopped into 1 ½-inch pieces

2 cups fresh low-bush cranberries

PREPARATION

1. Use 6-quart Dutch oven to roast. Heat olive oil over medium-high heat.

2. Combine flour, salt and pepper. Wipe roast with damp cloth and rub with flour mixture.

3. Brown meat on all sides.

4. Remove meat from pan and discard pan drippings.

5. Add beef or game broth stock, onions, potatoes, carrots and cranberries.

6. Return meat to pan and bring to a boil; simmer for 2 ½ hours. Turn the meat once or twice while cooking. Once tender, remove from liquid and onto platter. Cover and keep warm.

7. Skim excess fat from liquid in pan. Pour liquid into blender and blend one minute. Pour liquid through strainer back into pan.

8. Reheat; add seasoning if needed.


9. Pour sauce over meat and enjoy.

Bison are grazing animals and they find food along rivers, recently burned areas and sedge potholes.

In the state of Alaska, there are four herds totaling about 900 bison. The largest herd can be found near Delta Junction and smaller herds are located near Farewell, Chitina River and Copper River areas.

Bison hunts are amid the most popular drawing hunts.

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



ALASKA NATIVE
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HEALTHY COMMUNITIES

Mark your calendar! Spreading the holiday spirit on the Alaska Native Health Campus

Christmas and the holiday season are a cherished time to spend with our family and friends.

Many of our patients who are visiting Alaska Native Medical Center for their care come from rural communities across the state and are away from their loved ones during the holidays. For our patients visiting from out of town, and those in the Anchorage area who would like to join us as we celebrate, each year ANTHC hosts a number of events throughout the holiday season.

We hope these events provide comfort for our people who are away from home during the holidays and a chance to connect with new friends.

Please check ANTHC.org and our social media channels (including Facebook, Instagram and Twitter) for details about this year’s Christmas and holiday events.

PAST EVENTS INCLUDE

- Native People’s Bazaar
- Toys For Tots – U.S. Marines deliver stuffed toys for kids
- ANTHC Cultural Committee Annual Holiday Bake Sale – sales benefit a local nonprofit organization
- Eagle River Grace Church Choir sings Christmas songs
- Ronald McDonald House Store for Kids – kids “shop” for their parents and caregivers
- Gift Wrapping Party
- Quyan House & Patient Housing Christmas Party
- Santa visits Ronald McDonald House
- Anchorage Fire Department’s Santa Truck visits campus



The Anchorage Fire Department’s Santa Truck brings cheer to our patients.



The ANMC Heritage Tree lights up campus on a dark morning.



Visit **ANTHC.org** or follow us on social media to learn more about our holiday events.



During the annual Russian Christmas celebration, hundreds gather on the Alaska Native Health Campus to share the warmth and joyful light of starring.