



Nupuat

Serving the Native Peoples of the Chugach Region

Spring 2010
www.chugachmiut.org

Prince William Sound Traveling Health and Safety Fair celebrates its 10th year

Healthy Choices, Healthy Lives

By Meg McKinney, Domestic Violence Regional Coordinator

For one week in April, a wide array of service providers presented the Prince William Sound Traveling Health and Safety Fair. Volunteers traveled by boat to the remote communities of Tatitlek, Chenega Bay, Cordova, and Whittier to promote “Healthy Choices, Healthy Lives.”

Health Fair participants visited with children, elders, and community leaders, staged educational assemblies and informative meetings, offered services such as blood pressure and diabetic screenings, and taught lessons in everything from emergency preparedness to dental hy-

See TRAVELING HEALTH FAIRS, page 7



Photo by Skip Richards.

Trudy Valenza honored with Bridge Builder Award

By Cheri Hample, Health Services Division Director

Congratulations to Trudy Valenza, Chugachmiut Tobacco Prevention and Control Coordinator, recipient of the Bridge Builder Award!

The 4th Annual Alaska Tobacco Control Alliance (ATCA) “Paving the Way” Summit was held in Kenai April 21st-23rd. The focus this year was second hand smoke. Dr. Stanton Glantz, Center for Tobacco Control Research and Education / University of California spoke

about the science of Secondhand Smoke. Makani Themba-Nixon, Executive Director, Praxis Project, intrigued attendees with her topic “Beyond Death and Data.” Other speakers included Nicole Sutton, Project Director, REAL Hawaii, who spoke on youth empowerment, and C.B. Pearson, M & R Trainer and Public Advo-

See PAVING THE WAY, page 6

In this issue

Letter from the Executive Director.....	2
Chugachmiut’s continuous improvement—dental.....	3
National Mental Health Awareness Month.....	3

Elias Kvasnikoff, CHA-II C, Rising Star.....	4
Dangers of secondhand smoke.....	5
Russian delegation visits Health Services in Seward.....	6

A letter from the Executive Director



In the interest of our children’s health Chugachmiut will no longer provide sugary foods or drinks (i.e. candy, donuts, soda, and sugary juice) at community events.

Alaska Native/American Indian (AN/AI) people are disproportionately affected by oral diseases compared to the general American population. AN/AI children suffer rates of dental decay that are 2.5 times the national average. AN/AI children between the ages of two and four have the highest rate of decay in the U.S.; five times the national average. Alaska Native adults also suffer disproportionately high rates of oral disease. Chugachmiut intends to improve these statistics for our beneficiaries by promoting healthy diets and improving access to dental providers.

Obesity in Native children is a major health threat. The current epidemic of childhood and adult obesity and associated obesity-related diseases, such as type 2 diabetes and other chronic diseases, has negative implications for

the immediate and long-term health of our beneficiaries. Chugachmiut understands the urgent need for prevention programs that are culturally oriented, family centered, and community based that target healthy eating and physical activity. We are now in the planning stages of a Restoration to Health initiative to address physical and behavioral health issues in a holistic manner and incorporating a strong preventative component.

As always, we are happy to provide food items for community events but will substitute healthier options over sweets and sodas.

Regards,

Patrick M. Anderson

NUPUAT is a quarterly publication of **CHUGACHMIUT**, the tribal not-for-profit organization serving the Alaska Native peoples of the Chugach Region.

Francis Norman, Board of Directors Chair **Patrick Anderson**, Executive Director

We welcome submissions from Tribal members, councils, and employees. Please share your comments and suggestions: **Jerry Luken**, Newsletter Editor, 1840 Bragaw Street, Suite 110 Anchorage, AK 99508-3463, (907) 562-4155, jerry@chugachmiut.org



Contact Numbers

Chugachmiut, Anchorage.....	562-4155	Chugach Women’s Violence Intervention.....	1-877-907-8738
	1-800-478-4155	North Pacific Rim Housing Authority.....	562-1444
Health Services Division.....	224-3490		1-888-274-1444
	1-800-224-3076	Chugach Regional Resources Commission.....	562-6647
Dental Clinic.....	224-4925	Chugach Alaska Corporation.....	563-8866
Chugachmiut Homer Field Office.....	235-0577		1-800-858-2768
		Chugach North Technical Services.....	1-888-833-9288
<hr/>			
Chenege IRA Council.....	573-5132	Qutekcak Native Tribe.....	224-3118
Chenege Clinic.....	573-5129	North Star Health Clinic.....	224-3490
Native Village of Eyak.....	424-7738	North Star Dental Clinic.....	224-4925
Ilanka Health Clinic (Eyak).....	424-3622	Tatitlek IRA Council.....	325-2311
Cordova WIC Office.....	424-5731	Tatitlek Clinic.....	325-2250
Nanwalek IRA Council.....	281-2274	Valdez Native Tribe.....	835-4951
Nanwalek Clinic.....	281-2250	Valdez WIC—call the Cordova WIC Office.....	424-5731
Port Graham Village Council.....	284-2227		
Port Graham Clinic.....	284-2241		

Chugachmiut's Improvement Events

By Kert LaBelle, Lean Initiative Manager

On April 26, staff from Anchorage and Seward met for a kaizen event to “map out” several Dental processes (mapping a process is visually documenting the value stream of work or information). Participants included Executive Director Patrick Anderson, Health Services Division Director Cheri Hample, Dentists Dr. Nolan Davis and Dr. Shane Murphy, Dental Hygienists Sarah Benjamin and Angela McKinney, Regional Office Manager Melody Wallace, Dental Assistant Gala Davis and Health Administrative Assistant Roma Clark.

We started by defining a vision for the Dental Program. This vision statement will guide staff for today, tomorrow and fifty years from now. What the participants came up with is:

“Inspiring people to achieve and maintain opti-



See *IMPROVEMENT*, page 4

May is National Mental Health Awareness Month

Between 2001-2007, Suicide was the 4th leading cause of death in the Alaska Native community.

What are the signs of depression?

- Persistent sad, anxious or “empty” mood
- Difficulty falling asleep, staying asleep or sleeping more than usual
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of pleasure and interest in once-enjoyable activities
- Restlessness, irritability
- Difficulty concentrating at work or at school, or

difficulty remembering things or making decisions

- Fatigue or loss of energy
- Feeling guilty, hopeless or worthless
- Thoughts of suicide or death

If you are concerned about yourself or someone you know, contact Chugachmiut's Behavioral Health Department:

Jim Henkelman, Behavioral Health Clinical Manager

235-0577 or jimh@chugachmiut.org

Phoebe Greenough, Behavioral Health Therapist

334-0103, 1-800-478-4155 or

phoebe@chugachmiut.org

Skip Sewell, Behavioral Health Clinician

224-4906, 800-224-3076 or

shewells@chugachmiut.org

The Chugachmiut Realty Department is trying to get in touch with family members of the late **Mark Mumchuck, Jr.** If you know or are a relative of the late Mr. Mumchuck, Jr., please call Sabrina Savo at 1-800-478-4155 ext. 122 or 907-334-0122.

Elias Kvasnikoff, CHA-II C



Alaska CHAP rising star for 2010

By Sue Steward, CHAP Manager

Elias Kvasnikoff, CHA-II C, of Nanwalek, has been recognized by the Alaska Community Health Aide Program Directors as the Rising Star for the state of Alaska in 2010. Elias has been a Health Aide since 2008 and attended Training Session Three in March of 2010 in Anchorage. The Rising Star Award recognizes Health Aides who have practiced for less than five years and demonstrate excellence in patient care, have improved health care within their system and who balance life and work well.

Prior to becoming a Health Aide, Elias was an infantry gunner in the National Guard. He served in Iraq where he

volunteered as a Combat Life Saver in addition to his regular duties. He also worked with the Summer Youth Program J.T.P.A. in his home village of Nanwalek before joining the military.

Elias plans to complete his training and become a Community Health Practitioner, after which he has aspirations of attending school to become a Physician Assistant. Elias then dreams of returning home to Nanwalek to provide health care.

Chugachmiut is pleased and honored to have Elias as an outstanding member of our team as he is recognized for his dedication to his patients and his community.

Chugachmiut's Alaska Native Education Project is providing tutoring for students in the region. The goal is to improve the academic achievement of Native students in Chugach Region schools, especially reading, language and math. This will include home visits and summer programs. For more information, contact your local Home School Coordinator:

Nanwalek
Ann Evans, 281-2221

Valdez
Shannon Aldrich, 835-8738

Port Graham
Becky Norman, 284-2227

Seward
Skip Shewell, 224-4906

Chenega Bay
Sandy Angaiak, 573-5300

Or call:
Helen Morris, Project Manager, 334-0149
Helen Loescher, Project Assistant, 334-0105

IMPROVEMENT, from page 3

mal oral health for each generation.”

After defining what the Dental Program wants to accomplish, we mapped out the dental procedure processes and the hygiene processes for treatment in Seward and in the villages. What this records is the step-by-step of each process and how long each step takes. By making the process visual, it makes it more easily understandable in order to manage or improve it.

The Dental Program kaizen team also outlined about twenty improvements that they would like to implement. Another topic that the team addressed was the scheduling of dentists in the Seward Dental Clinic. All-in-all, it was a very positive and productive kaizen event. Chugachmiut is always improving its service and processes for you: the people of the Chugach Region.

Become a Foster Parent

Help protect Alaska Native children's rights and keep Native culture alive.

Foster homes are safe, healthy places for a child to live while a family attempts to repair itself and get back together.

Being a foster parent is a unique opportunity to have a personal, positive impact on a child.

Specific Requirements

- Be at least 21 years old.
- Have enough room (and beds) in your home for a foster child to sleep and keep his or her belongings.
- Have a home that can meet basic fire, safety and sanitary standards.

- Be physically and emotionally capable of caring for children and have no alcohol or drug abuse problems.
- Be able to pass a criminal background check and have no substantiated record of abusing or neglecting children.
- Have enough resources to provide for your own family, so you do not need to depend on the foster care reimbursement you receive.

Please contact the following ICWA workers in our region for support/information:

Chenega Bay 907-563-5386
 Port Graham 907-284-2227
 Nanwalek 907-281-2274
 Cordova 907-424-7738

Alaska Center for Resource Families 1-800-478-7307.

Secondhand Smoke

Secondhand smoke (SHS), also known as environmental tobacco smoke, is a complex mixture of gases and particles that includes smoke from the burning cigarette, cigar, or pipe,

SHS Facts:

- Third leading cause of preventable death killing approximately 53,800 people each year: 48,500 heart disease related; 3,000 lung cancer related; 2,300 Sudden Infant Death Syndrome (SIDS)
- Contains 4000 known hazardous chemicals with 250 chemicals known to be toxic, including 69 that are cancer-causing
- There are at least six very deadly poisons in cigarettes: tar, cadmium, cyanide, formaldehyde, ammonia and benzene.
- What are these chemicals and what are some of the effects?
Tar (Cigarette) refers to the toxic chemicals that are added during the production of tobacco cigarettes. **Cadmium** is a bluish-white, malleable, toxic metallic element used in paint pig-

ments, batteries and found in cigarette smoke. High intake of cadmium by either breathing it or eating it, can cause lung damage and kidney disease. **Cyanide** is a rare but deadly poison. It works by making the body unable to use life-sustaining oxygen. **Formaldehyde** is a colorless, flammable gas with a strong odor. Formaldehyde is responsible for some of the nose, throat and eye irritation smokers experience when breathing in cigarette smoke. **Ammonia** is a toxic,

colorless gas with a very sharp odor. Ammonia is also used to boost the impact of nicotine in manufactured cigarettes. **Benzene** is a cancer-causing chemical used to make everything from pesticides to detergent to gasoline.

SHS affects those around you. Non-smokers exposed are at risk for:

- Lung cancer
- Breast cancer
- Heart attack
- Stroke
- Cardiovascular disease

Region-wide our tobacco use is extremely high at 57% of people 18 and over. I am encouraging smokers to please not smoke around your loved ones; take it outside.

Russian delegation visits Health Services

A delegation from the Sakha Republic of Russia visited the Health Services Division facilities in Seward to learn more about Chugachmiut's systems for providing rural health care. They were especially interested in the tele-medicine equipment that connects remote clinics with providers in Anchorage and Seward.

The delegation was in Anchorage to attend the Rural

Health Conference on April 28 and 29 before traveling to Seward on the 30th. They also toured the Alaska Native Medical Center and Providence Seward Medical Center.

The Sakha Republic covers an area of 1,198,200 square miles yet has a population of only 949,280. They face many of the same issues in delivering rural health care as Alaskans face.



At left: IT Manager Nikolai Ivanov demonstrates tele-medicine equipment Above: Cheri Hample, Health Services Director (center), guides delegates and Executive Director Patrick Anderson (left) through the Seward facilities.

PAVING THE WAY, from page 1



Trudy Valenza (right) received the Bridge Builder Award on April 21.

cate, who presented on coalition building and policy.

A banquet and awards ceremony was held Wednesday evening where Trudy Valenza received her award. She was nominated by the Seward Wellness for All Coalition. Since joining the coalition, Trudy has served as the lead for the Tobacco Prevention workgroup and members stated she was recognized for "bringing many opportunities and support to the group...initiating and collaborating with Providence Seward Medical and Care Center and SeaView Community Services to provide cessation education to local students, and for promoting a local tobacco policy campaign in partnership with the coalition, State of Alaska and City of Seward."

Award recipients are nominated for their accomplishments in tobacco prevention and "paving the way" for a tobacco-free and healthier Alaska. When asked about her reaction to receiving the award, Trudy stated: "receiving this award has motivated me even more to continue my efforts in moving Seward and our surrounding communities of Port Graham, Nanwalek, Tatitlek and Chenega Bay forward in eliminating exposure to secondhand smoke. Why? Because it is not about the smoker but it is all about the SMOKE!! Secondhand smoke has an immediate health effect on the non-smoker!"

Congratulations, Trudy.

The Anchorage Service Unit Tribal

Health Council (ASUTHC) held their strategic planning session in the Anchorage office on Thursday, April 29th. On Friday, April 30th, several members of the council, staff from ANTHC, ANMC and Southcentral Foundation met at Chugachmiut Health Services in Seward. Fran Norman, chair of Chugachmiut Board of Directors was recently elected chair of the ASUTHC. Reports were given by staff from ANMC, SCF and ASU support office. Jerry Luken, Communications Manager, Patrick Anderson, Executive Director and Cheri Hample, Health Services Director also attended.



Bob Henrichs and Fran Norman listen to a report given by ANTHC staff member.



Sandra Angaiak of Chenega Bay teaching a Native dance. Photo by Skip Richards.

Traveling Health Fair, from page 1

giene.

The Traveling Health Fair is made possible through partnerships with Alyeska, the State of Alaska Public Health Department, Breast Cancer Detection Center of Fairbanks and event co-sponsors Alaska Marine Lines and Bering Marine Corporation.

Traveling Health Fair participants boarded the Crystal Sea/Cordova Provider in Valdez on Sunday, April 11th, 2010, and they didn't stop going until the tug and barge returned to Valdez a week later.

Highlights of this year's health fair included the Women's Teas in Tatitlek and Chenega Bay where Donna Fenske aired an original "radio broadcast" discussing

women's health issues; and the traditionally tasty community dinners in Tatitlek and Chenega Bay spearheaded by Regional Public Safety Coordinator Skip Richards.

The Health Fair planning committee approached Chugachmiut's Meg McKinney and requested assistance integrating Family Violence Prevention activities into this year's events. McKinney coordinated with Heidi Franke, from Advocates for Victims of Violence (AVV), the shelter for battered women and children in Valdez, and the two created several new events for the Traveling Health Fair.

This year marked the first "Healthy Parents' Luncheons" hosted in Tatitlek and Chenega Bay by the Chugach Women's Violence Intervention Project (CWVIP). McKinney and Franke led a teen girls' breakout session on dating violence and healthy relationships in Tatitlek. The duo also introduced "Silent Witnesses" to Chenega Bay and Tatitlek—figures representing those who have survived—or not survived—domestic violence. These cut out figures were hidden in the villages and were found throughout the Health Fair by community members of all ages.

Four Chugachmiut employees participated in this year's unique multi-community event. Not only were Skip Richards, and Meg McKinney aboard the Crystal Sea/Cordova Provider, but Matt Sena, Fatherhood Program Manager, joined in the activities in Tatitlek, and Phoebe Greenough, Behavioral Health Clinician, caught up in both Tatitlek and Chenega Bay.

Skip Richards reported that over 500 meals were prepared for community members, health fair participants, and for ship's crew over the course of the event. After the dynamic week of class room activities, village events, health fairs, and school assemblies, community members and care providers alike were stuffed indeed.



CHUGACHMIUT

1840 Bragaw Street, Suite 110
Anchorage, AK 99508-3463

www.chugachmiut.org

Non-Profit Org.
U.S. Postage Paid
Permit No. 595
Anchorage, AK 99508

ADDRESS SERVICE REQUESTED

Chugachmiut is the tribal consortium created to promote self-determination to the seven Native communities of the Chugach Region. We provide health and social services, education and training, and technical assistance to the Chugach Native people in a way which is acceptable to Native cultural values and tradition in order to enhance the well-being of our people by continuing to strengthen the tribes and increase self-determination opportunities for community operated tribal programs.

CHUGACHMIUT BOARD OF DIRECTORS

Port Graham

Francis Norman, *Chair*

Nanwalek

James Kvasnikoff, *Vice Chair*

Valdez

Benna Hughey, *Secretary*

Qutekcak

Arne Hatch, *Treasurer*

Eyak

Robert Henrichs, *Director*

Chenega Bay

Michael Vigil, *Director*

Tatitlek

David Totemoff, *Director*