



Serving the Native Peoples of the Chugach Region

Nupuat

Winter 2010
www.Chugachmiut.org

Port Graham *Maskalataq* See page 3



Meet your providers

By Cheri Hample, Health Services Division Director

Dr. David Zetterman (“Dr. Z”)

David graduated from Nebraska Wesleyan University with a Bachelor of Science in Biology and a minor in American History. He attended medical school at the University of Nebraska where he completed a family practice residency and a fellowship in geriatrics. Dr. Z spent three years working in Dillingham and three years teaching in the residency program at Providence-Anchorage. From 2005-2008 he had a private practice in Devils Lake, North Dakota. He joined Chugachmiut in October of 2008. As Medical Director



See PROVIDERS, page 6

In this issue

Elders guide the Heritage Program.....2
Qutekcak athletes at the Peninsula Winter Games....3
Nanwalek students learning importance of support..4

Community and Family Services news.....5
Improving Patient Care (IPC).....6
CHA news.....7



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

Elders meet to guide heritage program

By Helen Morris, Heritage Preservation Program Manager



Elders, Local Education Coordinators, and Home School Coordinators from the Chugachmiut Heritage Preservation Department came to Anchorage the week of February 8 -12 for a Quarterly Regional Conference to work toward achievement of the goals of Chugachmiut’s Alaska Native Education Project grant.

On February 9, Elders and Local Coordinators worked with Patricia Partnow on the development of a college course covering important aspects of Sugpiaq/ Alutiiq history and heritage. This graduate level course will be offered to the region’s teachers. The course will be taught by both the Elders/Recognized Experts from each community and Dr. Partnow. Its goal is to better equip teachers in understanding the culture of their Alutiiq students.

Wednesday, February 10 was dedicated to the development of “Heritage Kits,” museum type

See HERITAGE, page 7

Contact Numbers

Chugachmiut, Anchorage.....562-4155	North Pacific Rim Housing Authority.....562-1444
1-800-478-4155	1-888-274-1444
Health Services Division.....224-3490	Chugach Regional Resources Commission.....562-6647
1-800-224-3076	Chugach Alaska Corporation.....563-8866
Dental Clinic.....224-4925	1-800-858-2768
Chugachmiut Homer Field Office.....235-0577	Chugach North Technical Services.....1-888-833-9288
<hr/>	
Chenega IRA Council.....573-5132	Qutekcak Native Tribe.....224-3118
Chenega 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.....835-2173
Port Graham Village Council.....284-2227	
Port Graham Clinic.....284-2241	



Port Graham Masking

On January 16-17, Port Graham held their annual *Maskalataq* celebration. Participants dressed in costumes and masks and danced to the Russian waltz music provided by local musicians.

The celebration closely follows the Russian New Year though not everyone can agree on the meaning of the dances. Some believe it is more Alutiiq than Russian, while some believe the costumed participants represent assassins sent by King Herod to find the baby Jesus. Regardless of interpretation, who doesn't understand two evenings of music and dancing with friends and family?



Qutekcak shines in Peninsula Winter Games

By Melanee Stevens, Qutekcak Youth Coordinator

On the weekend of January 29-31, twelve members of the Qutekcak Junior and Senior Native Youth Olympic (NYO) teams traveled to Kenai to compete in the Peninsula Winter Games. There were twelve teams competing from the Kenai Peninsula, Anchorage, and the Mat-Su Valley. Participants came from grades one through 12.

Our team had the honor of earning 16 awards in the 12 events that they competed in (see chart below). Many of our youth had never played these games let alone compete in a regional event.

Chugachmiut's Special Diabetes Program for Indians

See *WINTER GAMES*, page 4

<p>Two Foot High Kick</p> <p>Logan Jack 6th Gr. 3rd Place 48 inches Jon Kingsland 6th Gr. 4th Place 42 inches Garrett Hansen 11th Gr. 3rd Place 82 inches</p>	<p>Kneel Jump</p> <p>Kamryn Pack 2nd Gr. 4th Place Masha Hart 7th Gr. 2nd Place 31 ¼ inches Garrett Hansen 11th Gr. 3rd Place 39 ½ inches</p>
<p>Alaskan High Kick</p> <p>Jon Kingsland 6th Gr. 2nd Place 53 inches Garrett Hansen 11th Gr. 5th Place 70 inches</p>	<p>Scissor Broad Jump</p> <p>Masha Hart 7th Gr. 3rd Place 21 feet 4 inches Garrett Hansen 11th Gr. 3rd Place 31 feet 8 inches</p>
<p>Snow Snake</p> <p>Debra Hersrud 8th Gr. 4th Place 116 feet Jake Towsley 11th Gr. 4th Place 131 feet</p>	<p>Eskimo Stick Pull</p> <p>Masha Hart 7th Gr. 4th Place Jake Towsley 11th Gr. 1st Place</p>
<p>Wrist Carry</p> <p>Garrett Hansen 11th Gr. 2nd Place 317 feet</p>	<p>Seal Hop</p> <p>Masha Hart 7th Gr. 2nd Place 65 feet 5 ½ inches</p>

Nanwalek students learn the importance of network of support

By Matt Sena, Fatherhood Program Manager

Rather than taking their much deserved holiday break from school in December, students in Nanwalek came together to talk about empowerment. Through their participation in three days of Chugachmiut sponsored workshops, youth explored various learning strategies, gaining real skills to benefit their lives. The activities involved role playing, thinking skill practice, and cultural ways of seeking knowledge.

Having lots of support is helpful because people can listen, offer advice, and provide encouragement. People who are supportive are positive, nurturing and knowledgeable because they have “been there and done that.” In the pictured activity at right, the group exemplifies the protective feelings that come from a supportive community. As each person brainstormed and suggested a way for building support, they added string connections. Many strategies provided pathways for a full-

A supportive community offers feelings of comfort and protection.

During the activity students explored how support networks can change based on the specific goal or presenting challenge. The persons that we normally turn to

See SUPPORT, page 5



WINTER GAMES, from page 3



Garrett Hansen

provides healthy snacks for the Qutekcak NYO teams.

Qutekcak team member Garrett Hansen placed in five of the six events he entered. He kicked 70 inches in the Alaskan High Kick, jumped 39 ½ inches in the Kneel Jump, was carried by

one wrist 317 feet in the Wrist Carry, jumped 31 feet 8 inches in the Scissor Broad Jump, and kicked 82 inches in the Two Foot High Kick. These are awesome accomplishments for Garrett since he has only been practicing these games for the last year and a half.

As a result, Team Alaska invited Garrett to join them for the Arctic Sports Junior Men’s division in Grand Prairie, Alberta, Canada. Garrett will be traveling with Team Alaska to compete in the Arctic Winter Games. Some of the events he will compete in are the Two Foot High Kick, Alaskan High Kick, One Foot High Kick and the Triple Jump.

The first NYO Games Alaska, held in the winter of 1971, were conceived and organized by students attending the Boarding Home Program School in Anchorage. In the first year of competition, 12 schools participated with student athletes traveling from Sitka and Nome. Since then, the number of athletes and enthusiasm surrounding the games has increased as the NYO Games Alaska received state and national recognition.

In order to test and prove crucial abilities that governed everyday life, our ancestors developed traditional games in which they could compete against each other and hone their ability to hunt and fish for survival in the traditional way of life. The creators of NYO wanted an opportunity to demonstrate their favorite Native games in the hopes that the people of Alaska would not forget the traditional

“Our ancestors developed traditional games in which they could compete against each other and hone their ability to hunt and fish for survival in the traditional way of life.”

contests of their forefathers.

When our ancestors had successful hunting or fishing trips they would return to the village and share how and where they were successful. Survival depended on our ancestors helping each other. Today, athletes competing in NYO Games carry on that tradition of passing on their knowledge to one another. *Native Games are the only sporting events in the world where athletes from different teams help each other to be successful during the games and in life.*

Community and Family Services news

WOMEN'S VIOLENCE INTERVENTION PROJECT

By Meg McKinney

The Chugach Women's Violence Intervention Project aims to reduce the number of violent crimes committed against Alaska Native women of Nanwalek, Port Graham, Tatitlek, and Chenega Bay through domestic violence outreach, education, and ultimately, the implementation of tribal policy.

For services in Valdez, contact Advocates for Victims of Violence (AVV) at 835-2999 or 1-800-835-4044. In Cordova, contact the Cordova Family Resource Center (CFRC) at 424-5674. In Seward, contact Seaview Community Services at 224-3027 or 224-5257.

The project has finally hit the road—or rather flown, ferried, and motored into action. Since September of 2009 the Project has provided four community awareness events, performed two trainings for professionals, and completed nine community visits. The Project also staffed a table at the Native Village of Eyak Sobriety Gathering to generate awareness and interest.

We are eagerly seeking members for the Women's Advisory Council—involved and motivated women from Port Graham, Nanwalek, Chenega Bay, and Tatitlek—who will help steer this endeavor. The Women's Advisory Council will direct which domestic violence awareness trainings are offered in their communities. Their efforts will ultimately increase safety in the villages. The project is also seeking a Tribal Advocate, a half-time paid position to be staffed either in Port Graham or Nanwalek.

Also on the horizon for the Intervention Project: Advocacy/Crisis Intervention Trainings In Port Graham and Nanwalek in March. This training will be offered in Tatitlek and Chenega Bay in the Fall of 2010. Look for us at the Prince William Sound Traveling Health Fair in

SUPPORT, from page 4

may provide support based on their strengths, but adding new connections may also be helpful in situations where gaps exist. The overall goal is to be surrounded by a supportive network for success.

During the workshops, Nanwalek students learned about brain-based reasons for behavior. They next applied and practiced thinking skills by designing role plays, discovering that there are optimal times to stop and think.

At the conclusion to each workshop, students took leadership roles by interviewing adults about life lessons,

Chenega Bay and Tatitlek in April of 2010.

For more information regarding the Chugach Women's Violence Intervention Project or the Women's Advisory Council, please contact Meg McKinney at meg@chugachmiut.org or 907-255-6342.

EMPLOYMENT, TRAINING AND ELDER SERVICES

Taren Klingler, Employment and Training Director, is planning a visit to Nanwalek and Port Graham in early March to meet with high school students and others concerning scholarships, apprenticeships and internships. She will also have open meetings and visits for general questions about **Elder** and **Caregiver** services.

Scholarship applications are due to Taren by July 1. Applications are available on the Chugachmiut website at http://www.chugachmiut.org/Forms/forms_index.html For more information, contact Taren at taren@chugachmiut.org, 907-334-0112, or 1-800-478-4155.

FATHERHOOD

Program manager Matt Sena has been busy facilitating problem solving workshops for youth in Nanwalek (see story on page 4). He held the workshops from December through March to foster decision making skills.

Matt also collaborated with Nanwalek and Port Graham for suicide prevention and awareness planning and activities, and worked on ICWA trainings and capacity enhancement workgroups.

In addition, Matt wrote and submitted a grant for local recovery support services in sobriety, aimed at strengthening existing successful services within Chugach Communities; and a small grant through the Alaska Mental Health Trust for Chenega Bay 12-Step support groups.

For more information, contact Matt at matt@chugachmiut.org, 907-334-0124, or 1-800-478-4155.

cultural ideas, and experiences with support, in panel-style format. Adults discussed old ways of learning through listening, watching others, and making mistakes.

Overall these Nanwalek students demonstrated their commitment to excellence. They were able to draw abstractions and synthesize information, enhancing their individual and collective sense of awareness. By taking steps to learn and participate in fun activities like this, Nanwalek's students are ensuring that tomorrow's community will be as strong as ever.



PROVIDERS, from page 1

he has clinical oversight of patient care and also provides direct services in our five community clinics. Along with Rebecca Moore and the Sue Steward, Community Health Aide Program Manager (CHAP), he facilitates weekly provider meetings, provides trainings, clinical updates and consults with CHAs and mid-levels on a daily basis. Dr. Z attends CHAP Directors meetings and also represents Chugachmiut at the state level regarding medical practices, immunizations, Influenza and other important

public health issues. He lives in Seward with his dog who, according to Dr.Z, “tolerates” him! He is an avid sports fan and is known for his unique sense of humor.

Rebecca Moore PA-C, MHS

Rebecca joined Chugachmiut in June of 2008. She received her Bachelor of Science degree from California Polytechnic University where she majored in Social Sciences with minors in Anthropology and Geography. She attended Lock Haven University of Pennsylvania and completed her Physician Assistant training as well as earning a Master of Health Sciences with a concentration in rural health. As a certified Physician Assistant, Rebecca provides primary care services through the five clinics in our region. Along with direct services Rebecca also is the Clinical Instructor for the CHA Program. In this role she provides clinical oversight and training for CHA certification. Rebecca represents Chugachmiut at the CHAP Clinical Instructors meetings and trainings. As our division’s “Electronic Health Record (EHR) Champion”, she was the group leader as we researched various vendors and is now assisting with the implementation of our new EHR. Rebecca and her husband Ben live in Seward with their two dogs and are owners of a B&B. Her interests include: traveling, knitting, kayaking, literature and photography.

IMPROVING PATIENT CARE (IPC)

By Cheri Hample, Health Services Division Director

In 2006 the Indian Health Service (IHS) started the Chronic Care Initiative (CCI) with the aim of improving preventive services and the management of chronic conditions. In collaboration with the Institute for Healthcare Improvement (IHI), Innovations in Planned Care (IPC) was launched. In 2009, at the request of the new IHS Director, the name was changed to Improving Patient Care. Goals of IPC are to improve health and the quality of life for all patients in the IHS care system. Key to this initiative is community leadership and participation and providing patients with the care they want and need. Some key components of the initiative are:

- Patient centered care that is safe, timely and effective
- Informed, active patients
- Education and support for patient self-management
- Prepared Proactive care team



The IPC team in San Diego. From left: Maggie Simons, Rebecca Moore, Connie Hedrick and Ramona Rogers

See IPC, page 7

Community Health Aide News

The Community Health Aide Program Certification Board met Jan. 19-20, 2010, to review Community Health Aide/Practitioner, Dental Health Aide and Behavioral Health Aide/Practitioner applications for certification. Chugachmiut submitted two CHA/P applications and both were approved: Congratulations to

Andy McLaughlin, CHP, Chenega Bay
Charlemagne McMullen, CHA IV, Nanwalek

IPC, from page 6

In late 2008 Chugachmiut Health Services became one of 38 pilot sites in IPC. Our team members include patients, representatives from Qutekcak Native Tribe, Seward-based Independent Living Center and Seward Health and Behavioral Health staff. Our team meets weekly to explore, discuss and evaluate improvement initiatives. We also participate in bi-monthly audio calls and team meetings.

In January 2009 six team members traveled to San Diego to participate in mandatory training. The entire team traveled to Anchorage in October for Learning Session 4 which included team sessions, presentations and guided tours of Southcentral Foundation.

*Key to this initiative is
community leadership and partici-
pation and providing patients with
the care they want and need.*

HERITAGE, from page 2

kits on a single subject which, when complete, will be available to travel throughout the region's communities. In addition, the Elders and LaRue Barnes, Director of the Ilanka Cultural Center in Cordova, worked with Chugachmiut's Local Education Coordinators to ensure the validity of the content and help identify activities that would be appropriate for students at all levels. These kits will aid in teaching students about the culture and heritage of the Sugpiaq/Alutiiq people.

On Thursday and Friday, February 11 and 12, Local

See HERITAGE, page 8

For more information about the improvements we are working on please look for articles in future newsletters. To learn more or become involved as a team member please contact: Cheri Hample, Director 907-440-4344 cheri@chugachmiut.org or Connie Hedrick, Clinical Applications Coordinator 907-224-4904 connieh@chugachmiut.org.

2010 Census

10 questions 10 minutes

2010 Census forms will be arriving in Chugach Region mailboxes between March 17-20. Please take the time to fill out these forms and return them to the Census Bureau by April 1.

What can the Census do for you?

Each person counted brings in **\$2,700** to our communities each year. That's **\$27,000** over ten years. So if a family of four does not get counted, that is **\$108,000** over ten years in lost federal funds. These funds pay for things like Medicaid, roads, day care, children's health programs and schools.

You can fill out a Census form in ten minutes. We do NOT ask questions regarding income or immigration status.

ALL INFORMATION IS KEPT PRIVATE. The Census does not share information on individuals with anyone. **Even the President of the United States cannot get Census information about a particular person.**

**FOR MORE INFORMATION, CALL TOLL FREE:
1-866-861-2010**

**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*

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.

HERITAGE, from page 7

Education Coordinators worked on the development of curricula. One curriculum is on the Alaska Native Claims Settlement Act for students in upper elementary, junior, and senior high school. Career Education and Life Skills is the focus on the other. Home School Coordinators visited the Chugach School District Anchorage House and received training in Positive Indian Parenting and Helping Kids Succeed Alaskan Style.

U.S. Department of Education awarded Chugachmiut a three-year grant to improve the academic performance of Alaska Native students in the Chugach Region. The main goals are to increase the involvement of Native parents and communities in their children's education, provide cultural guidance and education to teachers of the region, and to hire tutors and academic counselors for students.

CHUGACHMIUT

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

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

ADDRESS SERVICE REQUESTED