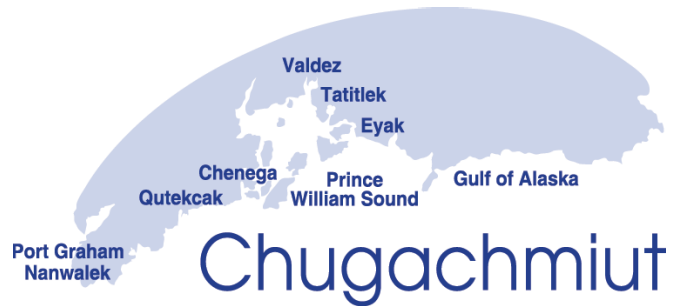


Nupuat



Winter 2021 Edition

www.chugachmiut.org

www.facebook.com/chugachmiutALUTIQ



COVID-19 VACCINE AVAILABLE

All Chugachmiut clinics will be performing periodic vaccine clinics. If you are interested in receiving the COVID-19 vaccine, please contact your local clinic.

Clinic Contact Numbers:

Seward (907) 224-3490
Chenega (907) 573-5129
Nanwalek (907) 281-2250
Port Graham (907) 284-2241
Tatitlek (907) 325-2235



To learn more about the vaccine, please visit covidvax.alaska.gov.

Stepping into Heart Health and Diabetes Prevention!

by Joe Nyholm, Registered Dietitian

February is National Heart Month, and March 24th is American Diabetes Alert Day. For many, this time of year is a time of energy with the returning daylight. By the time this newsletter comes out, we will be done with our February Chugachmiut Step challenge, so don't forget to catch the next step Challenge.

Heart disease is the second leading cause of death in AlaskaNative people. Fortunately, many risk factors are things we have control over – such as our food and lifestyle choices. Making nutritious food choices and fitting in physical activity throughout the day are two excellent ways to help keep your family's heart beating strong.

Diabetes has also been a rising concern in recent years for the health of Alaska Native people. Although it is not as high on the list of causes of death as heart disease, it can greatly affect the quality of a person's life. But fortunately, in the same way, that many of heart disease's risk factors can be controlled by a person's choices, so can many of the risk factors for diabetes.

Heart-Healthy Foods

Fiber is great for heart health because it can bind with bad cholesterol and remove it from the body.

(continued on page 13)

INSIDE THIS ISSUE

Contact Numbers

2

Behavioral Health News

3-4

Heritage Preservation Program Updates

5-11

Chugachmiut Education Program Updates

12

Health Services News

13-14

Region News & Employee Spotlight

15

Contact Numbers

Chugachmiut , Anchorage Main Line	562-4155		
.....	Toll Free	1-800-478-4155	
Chugachmiut , Main Fax Number	563-2891		
.....	Toll Free	1-800-793-2891	

CLINICS		PHONE	TOLL FREE	FAX
Cordova	Ilanka Community Health Center	424-3622		
Chenega	Arch Priest Nicholas Kompkoff Clinic	573-5129		573-5148
		573-5142		
Nanwalek	Nanwalek Clinic	281-2250		281-2244
		281-2251		
Port Graham	Anesia Anahonak Moonin Clinic	284-2241		284-2277
		284-2295		
Seward	North Star Health Clinic	224-3490		224-5870
			1-800-224-3076	
Seward	Dental Clinic	224-4925		224-4933
Tatitlek	Tatitlek Clinic	325-2234		325-2350
		325-2235		

RESOURCES FOR SUPPORT		PHONE	TOLL FREE
Alaska Native Health Consortium		729-1900	
Alaska Quit Line			1-800-784-8669
Behavioral Health Crisis Line (24/7)			1-844-891-0444
Careline Crisis Intervention			1-877-266-4357
Chugach Alaska Corporation		563-8866	1-800-858-2768
Chugach Regional Resources Commission		224-5181	
Domestic Violence & Sexual Assault Referral Hotline			1-877-907-8738
Domestic Violence Tribal Advocate, Kachemak Bay			1-877-907-8738
Nanwalek Recovery House		281-2217	
North Pacific Rim Housing Authority		562-1444	1-800-274-1444

BOARD OF DIRECTORS	COUNCIL
Francis Norman, Chair	Port Graham Village Council
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John Kvasnikoff, Treasurer	Nanwalek IRA Council
Arne Hatch, Director	Qutekcak Native Tribe
Pamela Smith, Director	Native Village of Eyak
Rami Paulsen, Director	Tatitlek IRA Council

Llangarwik “A Place of Awakening” Recovery Camp

Letter from Alumni: Mandy Wood

One year ago today, I was preparing for my first recovery camp. I had all kinds of emotions. I would be leaving my baby, who had just stopped breastfeeding a few days before. I was nervous. I had my first drink at age 13. I feared change but knew it was necessary. I was terrified my first memory of my Dad (my parents being divorced) was wrapped around that alcohol (he was an alcoholic). I was excited I could offer my family a better life than I had had. I lived believing I was never the problem; I wasn't a bad drunk. I was responsible (mostly) didn't fight; I was a "fun" drunk. Alcohol was my means of numbing some deeply embedded pain. It wasn't until I had my first conversation with my daughter after recovery that she told me Mom, every time you guys drank, I was scared. I know she would tell me in her own way every time in her exasperated voice, "Mom!" Shut up was always my answer, and I always justified my drinking. I had a million excuses to drink. I'm sad to have a drink, and I'm happy to have a drink, it's a holiday, have a drink, I'm an adult have a drink. It hurt that I was hurting my family just how I myself had been hurt. I was making the same choice my father had about alcohol. It's been since Sept 22, 2019, since my last drink. The loss of a dear friend and brother-in-law shook me to my core, and I couldn't go out like that. It gets tough at times to have to feel things but, the feelings come and go a little faster. I don't feel as stuck as I once had. I have since forgiven my Dad. He did the best he could with what he had and what he knew, as we all do. I wish you all the best on your journeys; they are all personalized to you. I am here if needed!



Advice from Graduate, if you are thinking about attending the Llangarwik Recovery Camp: Eric Tanape

So, I have been to many treatment centers, and this recovery program that they hold by far would be the best. It's not only just counselors who are trained to help, but they're also other addicts and other alcoholics there to help. It is giving me a support group that I have never had before. Yes, at first it is hard because of the trust, but let me tell you this if you're just willing to take that first step, being your choice, you'll get to witness and be a part of the magic that this group has, it really does work, and I hope you all are willing to take that first step, but it starts with you. So I challenge you to take that first step can't make you do it, but I challenge you to challenge yourself in taking that very first step. I promise you won't regret it.

Here is a Goodbye Letter: by Anonymous

Dear Bane, Crystal, and Alcohol,

Did you know that there are meetings held to teach people how to get away from YOU, get over YOU, and stay away from YOU and keep YOU out of their lives? Were YOU aware?? Others warned me, and some waited for me to see the light, EVEN STILL it took me months, YEARS for me to step outside of the situation and begin to understand who YOU REALLY are.

Looking back now, I can see where I stroked your ego, only strengthening your narcissistic control. There were too many times I stood by Watching you put others down, including myself. I watched as you manipulated and controlled EVERYTHING to the very least detail. It may have taken me longer than most others to find out who YOU really are and what ACTUALLY matters to you, BUT I DID SEE.

I began to question your decisions and to challenge your "ideas." I started to stand up to you when you put me down and try to convince me that I was hallucinating. When I was wrongly blamed for something, and you convinced the rest of them it was my fault. When I spoke up and SCREAMED otherwise, I was ALWAYS knocked down hardest when my truth threatened yours.

(continued on page 4)

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I have survived many situations in my life, but the level of stress you placed on me became too much. I began to question everything I knew, regardless of what others tried to get me to see. It left me wondering at the end of the day which was the crazy one. YOU or ME? It left me doubting who I was to my very core. It kept me from sleeping for fear of what the next day will bring and when I would get the message that I had painfully failed once again.

Still, I tried to see good in you, and I EVEN risked friendships and family for YOU. I believed the good would overtake the sides of you that early on I refused to see. I tried looking for any opportunity to stay. I sought out to find ways to regain control of my emotions and self-esteem. But our final moments had erupted like a light-bulb moment exploding. So, I did the only thing left to do, I cut out the infection, and I walked out.

Sadly, my leaving wasn't enough. The narcissism continued, and now that you no longer have access to me, you are still doing your best to control how others see me. I shouldn't be surprised it's what "The SISTERS" feed on, and I shouldn't let it bother me, but honestly, it bothers me. It feels like everyone is watching me, judging me, and giving up on me.

But, I have come to realize each of us is responsible for our own lives. I must own the way I was, the way I am, and how I respond. I must do my best to uplift and encourage people. You have made your choice, and it is evident in how you continue to treat those still under your inebriated hypnosis. But I have made my choice as well. You are not welcome back near me. This letter isn't written for you; it's written for me, speaking with a restored voice, and I know I am finally once again in control of my life.



Llangarlik Recovery Camp is a unique alternative to residential alcohol/drug treatment for Alaska Natives. Our approach is holistic, natural, and traditional. We include family members, when possible, in the educational and healing process, so the whole family is actively engaged in the development of a healthy, functional environment that promotes respect, communication, and support. We provide 14 days of wellness and recovery to the Chugach Region people, with a strong focus on personal development and renewal. Our mission is to empower individuals and families to live sober, healthy lives, prepare them to be powerful, influential teachers and healers in their own communities”.

Program Overview:

- Traditional: Historical Trauma, Traditional Healing Practices, The Role of Ceremony and Ritual, Canning, Gardening, Art & Crafts, Harvesting.
- Substance Use Education: Relapse Prevention, Coping Skills, Recovery Family Effects, Sober Activities, How Drugs & Alcohol has affected our Health and Sober Support.
- Aftercare: Continuing Care Planning, 12 Step Model of Recovery, Community Activities. Keeping in mind, we get sober so that we have a chance to recover.

If you are interested in attending the Llangarwik Recovery Camp or need help getting free of alcohol or drug addiction, please feel free to call Eydie Flygare at 907-602-8644 or email eydief@chugachmiut.org.

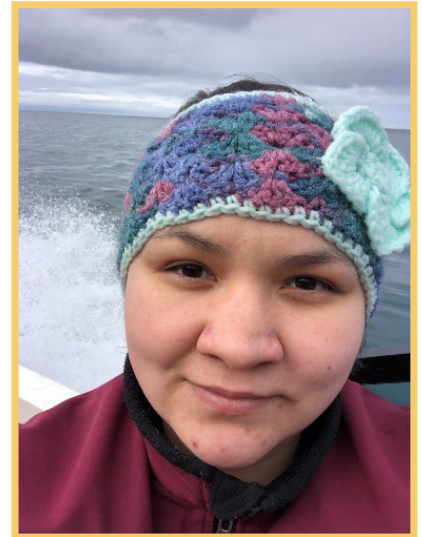
Cama'i from the Heritage Preservation Department!

The Heritage staff is excited to share all of the work produced thus far in this Nuikuutaq (New Year). Our team is continuing to grow! We want to introduce you to the new staff:

Michelle Moonin, Port Graham

Cama'i! My name is Malaniakcak (Michelle Moonin), and I am Port Graham's new Local Cultural Coordinator. I was raised in Nanwalek and moved to Port Graham in 2007. I am a mother of 2 amazing boys (Shane "Rutii" and Hunter "Kitilii").

A few things that I enjoy doing are fishing, going out for boat rides, harvesting bidarkas and octopus, and exploring out the road. I am very interested in working with the Heritage program because it was a huge part of my Emaa (Grandma) Melania's life, and doing this every day makes me feel a little like I'm closer to her.



Michelle Moonin
Local Cultural Coordinator, Port Graham

Daniel Wiley, Valdez

Hello! My name is Daniel Wiley. I've been hired as a Local Cultural Coordinator with the Chugachmiut Heritage Preservation Program. I've lived in Valdez my whole life and spend the summers fishing for salmon and halibut.

I have a deep respect for language, linguistics, and history and hope to apply this respect for them in this position. I look forward to coordinating with native elders and the community in general.

We're Hiring!

Do you or someone you know want to invest in the continuation of the Chugach Region culture? We are hiring for Local Cultural Coordinators in each of the Chenega, Cordova, and Seward communities.

For more information and to apply, please check out the job posting on the [Chugachmiut website](#).



Daniel Wiley
Local Cultural Coordinator, Valdez

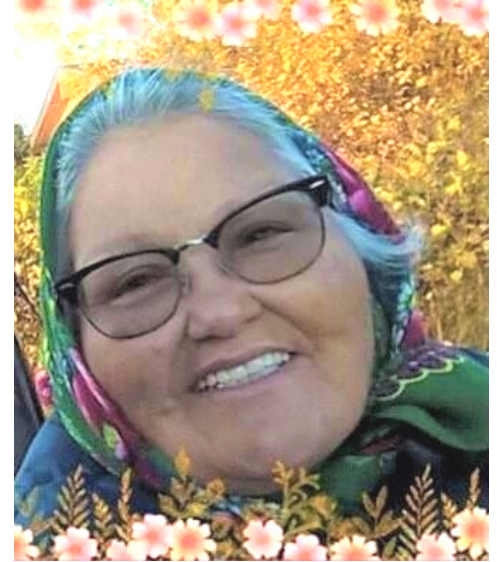
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Taking the Lead

Lead Sugt'stun Speaker, Ataaka (Rhoda Moonin), has guided the Language teachers with the daily seasonal themes. We are honored for the wealth of knowledge she so graciously shares with us.

Since March of 2020, we have been developing a seasonal thematic Sugt'stun curriculum. By the end of February, the seasonal thematic circle will be complete, thanks to Ataaka's continued dedication to our program.

Check out one of her thematic lesson themes on Nupallkiaq Quirrit-Illu, The Man and the Groundhogs!



Lesson: Nupallkiaq Quirrit-Illu -The Man and the Groundhogs

Date: 2/1/2021

Time: 9:00- 10:00 am

Elder Quote: *"Nupungagta, quirrim amia petangwagta-rruq, wigyarluku ang'aqungnaqlluku. - As they were talking, the groundhog skin started moving, trying hard to hold on to it."* told by Sergius Moonin

Sugt'stun Vocabulary Words list:

English:	LCI:	PWS:
Story	quliyanguaq	quliyanguaq
Groundhogs	quirrit	quirrit
Cousin	iluwaq	iluwaq
Gamble	kaataq	kaataq
Lost in a game	pellaciluni	pellaciluni
Walked on the beach	qutirluten qut'kun	aguq qutakun
Found it	ikugluku	ikugluku
Baby groundhog	kukunguasaq quirriq	kukuq quirriq
Mountain	ingiq	ingiq
Spotted	tangqarlluku	tangerluku
Sod House	ciqlluakcak	ciqlluakcak
Wife	nuliq	matuska
Her husband	wiinga	wiinga
Change back	cimirluni kiputmen	cimirluni
Shadow	tanaq	tanaq
Sees it	tangerluku	tangerluku
Will return back	kipuciiquq	taguq
First sign	cuqllirpaaq	cuqllirpaaq
Spring	Iciwaq	Iciwaq
Looking out	qinerluni	qinerluni
From his hole	ukiineminek	ukiineminek

Materials:

- Chugach Heritage Preservation, [Resources](#)
 - [Nupugget](#), Flash Cards: big and small
 - [Alexandrovsk, Vol 1](#), "White Groundhog", pp. 77-78
- Dab of Glue Will do, [12 Goundhog Day Books for Little Learners](#)
- Pinterest, [Groundhog Day Crafts for Kids](#)
- DLTK Growing Together, [Groundhog's Day Coloring Pages, Posters and Tracer Pages](#)

(continued on page 7)

(continued from page 6)

Teachers Beam When There's a Theme

These past few months of uksuk (winter), the Language team has been involved in projects and events to support the Sugt'stun Language team program goals.

Aside from taking Sugt'stun Orthography courses, the teachers, Picuuqaaq (Brandon Moonin) in Tatitlek (PWS), Apamia (Ephimia Moonin-Wilson) in Port Graham (LCI), Ataaka (Samuel Swenning) in Nanwalek (LCI), and Teglungaliq (Shyla Krukoff) in Cordova (PWS) have been developing lesson plans based on seasonal themes, as well as teaching Zoom classes on Mondays and Wednesdays, and creating online videos that are shared on our [Facebook page](#) or our [YouTube channel](#).

Click on the pictures below to view the corresponding thematic video lessons!



Cultural Corner

The Chugachmiut Heritage Department is looking for a community member from the Chugach Region who is willing to be video recorded for a Heritage project.

We are recording stories from books such as *The Chugach Eskimo*, *In Honor of Eyak*, *Old Beliefs*, *Alexandrovsk*, and *Fireweed Ciilqaaq Fireweed*. If you are interested in sharing your voice or would like to know more about this project, please inquire with any of our Local Cultural Coordinators or Nick Jordan (Pakiun) at NicholasJ@chugachmiut.org.

Local Cultural Coordinators (LCC'S), in collaboration with the Language team, have been gathering information and resources to include our Elder's voices in lessons. LCC's have also been scheduling interviews and revising cultural lesson plans for the Heritage Kits listed:

- Nancy Yeaton of Nanwalek is working on revising the Gathering Plants to Eat Heritage Kit, scheduling interviews, and inserting Elder quotes and Cultural activities.

(continued on page 8)

Heritage Preservation Program Updates

(continued from page 7)

- Jemerson Anahonak of Tatitlek is focused on creating all-new lessons for the Wamluk: Let's Play kit. If you have a traditional game to share, please contact him.
- Michelle Moonin of Port Graham began working with our team in mid-January and researched and learned how to develop lessons to revise, including the Tep'ak (Driftwood) Heritage Kit.
- Daniel Wiley of Valdez is the newest member of our team. In the next few weeks, Daniel will be delving into research, reading our traditional stories from around the Chugach Region, and taking a class at PWSCC on 3D printing.

We will be interviewing Elders and Recognized Experts throughout the region for stories and history. If you are interested in contributing, please contact the Heritage Department.

Old Treasures

The Chugachmiut Heritage Department has also taken steps to develop its physical and digital archive center. Andrea Floersheimer (Atsaq) works at the Anchorage office to organize and take inventory of the books, audio files, videos, and objects housed in the Heritage collection. The goals of the Chugachmiut Heritage Archive include:

- Serving tribal members and community members as a resource center for traditional history in the region.
- Collaborating with tribes to promote responsible access to the region's rich historical memory.
- Preserving and passing on historical memory, such as oral histories, artifacts, video recordings, books, and more to future generations.

Barely a month after creating our online site, we have about 300 items inventoried and close to 100 digital heritage items uploaded onto the Chugachmiut Heritage Archive website (which is under construction and will be shared at a later date).

This project is designed to be a community collaboration from start to finish - our plans for the online archive were reviewed and approved by the Elders that attended our December Quarterly Meeting. We are in the midst of meeting with tribal councils to review the current draft of the site, receive feedback, and make adjustments so that the site can be an effective resource for tribal members in the region.

As the online site takes shape and our physical archive becomes organized, community collaboration will become even more important. After we digitize the items in Chugachmiut's Heritage Kits, we will catalog and digitize the interviews and audio recordings that Chugachmiut has accumulated over the past decades.

Some of these interviews are in Sugt'stun, and we will seek paid fluent speakers to assist with translating these interviews so that we may share the voices and knowledge captured in these recordings.

If you would like to be involved in this project or have further questions, please email our archivist Andrea Floersheimer at andrea@chugachmiut.org. We look forward to working with you!

(continued on page 9)

(continued from page 8)



Elder Moments

Elders play a very significant role in our preservation of culture and language. Recently, we hosted an inaugural virtual Quarterly Meeting, which included Elders from respective communities within the Chugach Region.

We have been inviting our Elders to share their Sugt'stun knowledge for selected lesson themes as part of our routine staff meetings.

Upcoming Events and Projects

Our second Quarterly Meeting will be March 1st – 5th!

If you are a Fluent Sugt'stun Speaker and/or have the ability to read or write the Sugt'stun language, please contact Angelina Roehl, Regional Language Coordinator at Angelina@chugachmiut.org, or call her at 907-562-4155.

If you have a Sugt'stun Language Teacher based in your community, please contact them and let them know that you are interested in participating.

Letter from Our Director: Mark Hiratsuka

Thirty-five years ago this month, as the Port Graham Elders Day festivity was coming to a close, their venerable Chief Walter Meganack was asked to give a parting word of advice for the youth of that day. His soft-spoken encouragement was, "Let them continue to keep our traditions, the ways of our Native heritage. I encourage our children to get all the education they can...but they must never forget the language and customs of our ancestors."

"They must never forget the language and customs of our ancestors" – what a powerful statement, especially in these times when our languages and cultures all across indigenous America are facing dormancy. On this note, I am reminded of three essential goals that Chief Meganack wanted to see the generations after his keep alive... education, language, and culture. These are the very goals of the Chugachmiut Alaska Native Education Program today.

(continued on page 10)

Heritage Preservation Program Updates

10 Winter 2021 Edition

(continued from page 9)

We celebrate the development and accomplishments of these three essential components of our program that aims to encourage all our students and tribal members to get the best education they can, and have plans in place where we are collaborating with school district educators, and local communities to make this happen. Language and Cultural components are in place to do everything we can to keep the Sugpiaq language and culture alive within the region. You have heard the saying that “it takes a whole village to educate our children”...and our communities have responded with their support to make this happen.

Today we celebrate the effort that involves the collaboration of our Chugachmiut Administrative leadership, the Board of Directors, the seven tribal councils, the Heritage staff, program partners and our funders. We especially value and appreciate the engagement we have with our esteemed elders, parents and community members. Seven generations from today, we hope that we will see the hopes of the venerable Chief Meganack, thriving in the lives of our heirs.

Fond Farewell

With deep regret, we bid a fond farewell to Program Manager, Kari Brookover as she enters retirement. Kari has been the driving force behind the Heritage program, and she will be greatly missed. In Kari’s words, our team will continue to “Get ‘er done,” but we will always remember the contributions she has made throughout the years to the culture and language of the Chugach Region.



(continued on page 11)

(continued from page 10)

Stay Connected with Us!

Check out our [website](#) where we store valuable content, resources, heritage kits, and more! Please follow us on [Facebook](#) to receive all of our program updates!

To reach staff directly, please email us:

Mark Hiratsuka, Heritage Programs Director - MarkHe@Chugachmiut.org

Rhoda Moonin, Regional Master Speaker - RhodaM@Chugachmiut.org

Nicholas Jordan, Regional Education Coordinator - NicholasJ@Chugachmiut.org

Angelina Roehl, Regional Language Coordinator - Angelina@chugachmiut.org

Andrea Floersheimer, Archivist/Heritage Cultural Collection Coordinator - AndreaF@chugachmiut.org

Katrina Tysinger, Program Coordinator - KatrinaT@chugachmiut.org

Jemerson Anahonak, Local Cultural Coordinator, Tatitlek - Jemerson@chugachmiut.org

Nancy Yeaton, Local Cultural Coordinator, Nanwalek - NancyY@chugachmiut.org

Daniel Wiley, Local Cultural Coordinator, Valdez - Danielwiley@chugachmiut.org

Michelle Moonin, Local Cultural Coordinator, Port Graham - Michellem@chugachmiut.org

Brandon Moonin, Sugt'stun Language Teacher, Tatitlek - BrandonM@Chugachmiut.org

Shyla Krukoff, Sugt'stun Language Teacher, Cordova - Shyla@Chugachmiut.org

Ephimia Moonin-Wilson, Sugt'stun Language Teacher, Port Graham - Ephimia@chugachmiut.org

Samuel Swenning, Sugt'stun Language Teacher, Nanwalek - SamuelS@Chugachmiut.org



Cama'i from the Education Department!

Chugachmiut has received a multi-year grant called Accessing Choices in Education from the Office of Indian Education. The purpose of the grant is to team up with the school districts, parents/caregivers, and students to develop educational choices and services to improve Alaska Native and American Indian students' academic success. Student success, confidence, and cultural connection are the highest priorities in identifying what services are needed. We look forward to working with our parents and partners to decide what these services will be.

We also have hired two Education Administrative Coordinators to help develop and implement the education program; please welcome Ann Hansell and Suzanne Sharp to the team!

Annie Thiina Hansell (Asicksik) is from the Inupiat Malimiut village of Shaktoolik and the daughter of Paul & Marilyn Asicksik. She has several years of experience in program support and coordination. Her previous experience includes working in Human Resources, the Community Health Aide Program, and the Alaska Native Epidemiology Center at the Alaska Native Tribal Health Consortium and with the Federal Programs Office at the Kodiak Island Borough School District.

Annie is married to Jeff, who is a Facility Supervisor with Cook Inlet Native Head Start, and they have 3 children, Avrey who is attending UAA, becoming a physical therapist, Mari, who is attending Bartlett; and Daniel, who is attending the Alaska Native Cultural Charter School. She enjoys beading, sewing, telling stories, and beachcombing.



Hello everyone. It's an honor and a privilege to join the Chugachmiut educational team as Education Administrative Coordinator. I hold a B.A. from the University of Fairbanks and a Master's Degree in Public Administration from the University of Alaska Anchorage. Before joining Chugachmiut, I worked in wellness and prevention as a Health Promotion Program Coordinator at ANTHC. Prior to that, I was a researcher at UAA, providing support for research and development projects, including outreach and coordination with rural Alaska Native communities.

My heritage is Iñupiaq. I was born and raised in the northwest community of Kotzebue. Some favorite family pastimes my family and I enjoy are exploring Southcentral Alaska's waterways, berry-picking adventures, and most recently, mushroom hunting and hiking. I love learning about my rich cultural heritage especially sharing conversational Iñupiaq with my two daughters and three grandchildren. I have enjoyed learning about the Sugpiaq culture. It's amazing how all Alaska Native cultures are so similar yet so special in their own ways. I'm so happy to have this opportunity to serve communities within the Chugach region and look forward to continuing the work to explore how best to support the educational needs of students in your communities.



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Foods high in dietary fiber include whole grains (Brown rice and Quinoa are popular choices), vegetables, and fruit. To increase your fiber intake from foods, include more plant-based protein sources such as beans and peas, choose whole-grains whenever possible, and make half your plate fruits and vegetables at each meal. For diabetes, prevention fiber helps slow the digestion of carbohydrates, making it easier for your body to control your blood sugar levels.



Low to moderate amounts of fat, specifically unsaturated fat, can also give heart health a boost. The unsaturated fats from foods such as fatty fish like salmon, nuts, and olives can help increase good cholesterol levels. On the other hand, foods high in saturated fat should be limited, such as high-fat cuts of meat, butter, and full-fat dairy products. Trans fat, also known as partially-hydrogenated oil, should be avoided.

Next time you are at the store, pick up some of these heart-healthy items (Or suggest to your store to carry them if they don't):

- Beans, peas, and lentils
- Fruits and vegetables (Frozen is a great option and can actually be more nutritious than fresh!)
- Salmon, tuna, sardines, and mackerel
- Whole-grain bread, cereals, and pasta, brown rice, barley
- Nuts such as almonds, walnuts, pecans, and hazelnuts

Move It!

Another way to reduce your risk of heart disease and diabetes is to be active.

- Encourage pre-school-aged children to engage in three hours of varied active play each day.
- Children (6 years and older) and teens should get 60 minutes or more of physical activity each day, including aerobic activity as well as muscle and bone-strengthening activities.
- Adults should get at least two hours and 30 minutes of physical activity per week, including muscle-strengthening activities.

Being physically active helps lower blood pressure, manage blood sugars, manage stress, and control weight. Be physically active in your own way and start with what you can – any physical activity is better than none. Reach your goals together by encouraging your family to take a walk after dinner, go for a bike ride or play a game of basketball. Join the next Chugachmiut Step challenge to compete with others and possibly win prizes while becoming healthier one step at a time.

For more heart-healthy cooking tips and information on reducing your risk for heart disease and diabetes, **consult with Chugachmiut's registered dietitian nutritionist, call 907-224-4904 or call your local clinic.**

(continued on page 14)

(continued from page 13)

Diabetes Risk Test

One in four Americans with diabetes is undiagnosed. Have you ever wondered what your risk is? Add up your points in the following test to assess your risk for diabetes.

1. How old are you?

- a. Less than 40 years (0 points)
- b. 40-49 years (1 point)
- c. 50-59 years (2 points)
- d. 60 years or older (3 points)

2. Are you a man or a woman?

- a. Man (1 point)
- b. Woman (0 points)

3. Are you a woman who has ever been diagnosed with gestational diabetes or given birth to a baby weighing 9 pounds or more?

- a. Yes (1 point)
- b. No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

- a. Yes (1 point)
- b. No (0 points)

5. Have you ever been diagnosed with high blood pressure?

- a. Yes (1 point)
- b. No (0 points)

6. Are you physically active?

- a. Yes (0 points)
- b. No (1 point)

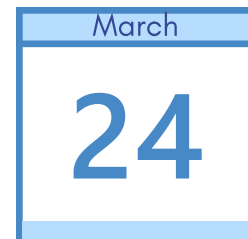
7. What is your weight status?

8. Add up Your Score

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____

If you scored **5** or more: You are at increased risk for having type 2 diabetes. Talk to your health care provider about simple blood tests to check for diabetes or prediabetes. Early diagnosis and treatment can prevent or delay heart attack, stroke, blindness, kidney disease, and other health problems.

March 24, 2021 is American Diabetes Alert Day.



Step 1 - Find your Height			
Step 2 - Find your Weight range column			
Step 3 - Add the columns point score at the bottom to your total.			
Height	Weight in pounds		
4' 10"	119 - 142	143 - 190	191+
4' 11"	124 - 147	148 - 197	198+
5' 0"	128 - 152	153 - 203	204+
5' 1"	132 - 157	158 - 210	211+
5' 2"	136 - 163	164 - 217	218+
5' 3"	141 - 168	169 - 224	225+
5' 4"	145 - 173	174 - 231	232+
5' 5"	150 - 179	180 - 239	240+
5' 6"	155 - 185	186 - 246	247+
5' 7"	159 - 190	191 - 254	255+
5' 8"	164 - 196	197 - 261	262+
5' 9"	169 - 202	203 - 269	270+
5' 10"	174 - 208	209 - 277	278+
5' 11"	179 - 214	215 - 285	286+
6' 0"	184 - 220	221 - 293	294+
6' 1"	189 - 226	227 - 301	302+
6' 2"	194 - 232	233 - 310	311+
6' 3"	200 - 239	240 - 318	319+
6' 4"	205 - 245	246 - 327	328+
	Add 1 Point	Add 2 Points	Add 3 Points
If you weigh less than the left column, then add 0 points.			



The school kids went house to house singing a couple of Christmas songs.

Here they are singing in front of Larry Evanoff's house.



The 1st baby born throughout our Region in 2020 was: Weyland Cosmos George, born on January 5, 2020, to proud parents Sasha and Calvin George!

Introducing new staff from Community and Family Services Division

Employee Spotlight: Tanya Bailey

Behavioral Health Clinician - Anchorage Office



Tanya Bailey, Ph.D., is a clinical psychologist who works with individuals, couples, and families on a wide variety of mental health concerns. As a psychologist, she is here to help guide clients in achieving their therapeutic goals using various therapeutic techniques. She has trained with Cognitive Behavioral Therapy, Dialect Behavioral Therapy, Play Therapy, Trauma-Focused - Cognitive Behavioral Therapy, Mindfulness, and advanced training in EMDR (Eye Movement Desensitization & Reprocessing).

Dr. Bailey is a veteran of the United States Army. She served as a Combat Medic with the 690th Medical Company out of Fort Benning, GA. While serving on active duty, she deployed to Iraq for a year from 2005 to 2006. Her military awards include the Army Commendation Medal, three Army Achievement Medals, Combat Action Badge, Iraq Campaign Medal, National Defense Service Medal, and the Global War on Terrorism Service Medal.



Academically, Dr. Bailey holds a Bachelor of Science in Psychology, Masters in Psychology, and a Ph.D. in Clinical Psychology. Dr. Bailey holds membership with the American Psychological Association, Alaska Psychological Association, Kentucky Psychological Association, and the International Society for the Study of Trauma and Dissociation.

Personally, she is a wife and mother of five children. She enjoys spending time with her family, friends, and being outdoors. She also enjoys hunting, fishing, camping, hiking, and running. Tanya was born and raised in Texas by her grandparents. After joining the military, she met her husband and they moved to multiple places throughout the United States while he was on active duty. Her husband retired from the military in 2019 and they are enjoying being back home in Alaska.



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or by

Email: Media@Chugachmiut.org

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We welcome submissions from Tribal members, councils, and employees.

Please share your comments and suggestions:

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