

Nupuat



Fall 2021 Edition

www.chugachmiut.org

www.facebook.com/chugachmiutALUTIQ

ENJOY HOLIDAY TRADITIONS AND PROTECT YOUR LOVED ONES FROM COVID-19

Together we can slow the spread of COVID-19 and keep our communities safe. If you are interested in receiving the COVID-19 vaccine or booster, don't hesitate to contact your local clinic. Boosters are now authorized for all COVID-19 vaccines, with mixed dosing allowed.

The best way to keep your family and friends safe is to get vaccinated.



Wear a mask in public indoor settings

Avoid crowded, poorly ventilated spaces.



Delay travel until you are fully vaccinated

If you have symptoms, contact clinic to get tested.



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.

Importance of Preventive Health Care During COVID-19 Pandemic

by Kelley Baker, Health Services Division Director

Preventive health care helps you maintain your health. Screenings and vaccinations are essential to avoid future health problems, and screenings help catch things early when they are easier to treat.

Increasing preventive care services is a part of our strategic plan to help improve the quality of life of our people. Specifically, reaching and/or exceeding Alaska/National goals for preventive screenings and immunizations rates. Sharing region data as of September 2021:

National GPRC Clinical Quality Measures	Chugachmiut September 2021	Alaska / National Goal	Goal Met?		# Pts Needed to Meet Goal
			Yes	No	
Influenza - Children 6mo - 17yrs	33.1%	26.6%	X		-23
Influenza - Adults 18+	26.4%	24.4%	X		-15
Adult Immunizations	74.9%	55.1%	X		-51
Childhood Immunizations	43.5%	42.8%	X		0
Cervical Cancer Screening / Pap Smears	56.9%	38.4%	X		-51
Breast Cancer Screening / Mammography	36.4%	43.4%		X	6
Colorectal Cancer Screening	63.3%	32.6%	X		-85
Universal Alcohol Screening	34.8%	39.0%		X	39
IPV/DV Screening	27.3%	14.3%	X		-35
Depression Screening	65.3%	49.4%	X		-123
Depression Screening Ages 12-17	38.1%	43.2%		X	6
HIV Screening Ever	56.0%	32.0%	X		-184
Screening, Brief Intervention and Referral to Treatment	5.6%	14.3%		X	2
Tobacco Use Screening	53.0%	57.8%		X	

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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
Larry Evanoff, Vice Chair	Chenega IRA Council
Jim Ujioka, Secretary	Valdez Native Tribe
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

Career Opportunities with Chugachmiut

Chugachmiut is a rapidly growing 501(3)c nonprofit, Alaska Native Regional Tribal Consortium. We seek highly motivated, talented candidates to join us on our journey to excellence. We offer a competitive benefits package offering: 100 % paid health, Rx, vision, dental & 50% dependent coverage along with; 8% retirement, a 403(b) with a Roth provision, short term & long term disability, 2-life insurance policies, paid time off accrued at 6 hours per pay period, then increases to 7.5 hours at the 4th year & to 8.5 hours at the 5th year, subsidized gym membership, and other supplement insurances, 5 days bereavement leave, 2 hours to register to vote or cast a ballot, etc.

Our EEO Policy

Chugachmiut is an equal opportunity employer. We recruit, employ, train, compensate, and promote without regard to race, religion, creed, color, national origin, age, gender, sexual orientation, marital status, disability, veteran status, or any other basis protected by applicable federal, state or local law. Native Preference under P.L. 93-638.

NOTE: Our online application process requires an active email address. If you do not have an email address, you can create one for free at [YAHOO!](#), [Outlook](#), or [Google](#).

Returning Applicant/Current Employee? Click here to [Apply to Additional Positions](#)

Current Open Positions

(Click on any job title below to view the full job description.)

Job Title	Location	FT/PT Status
Advanced Practice Provider Itinerant	Any Regional Community	Itinerant Employee
Advanced Practice Provider- NP or PA	Seward	Regular Full Time
Alaska Native Education Program Manager	Anchorage	Regular Full Time
Behavioral Health Clinician (Kachemak Bay)	Homer	Regular Full Time
CHA II, III, IV or Practitioner	Chenega	Regular Full Time
CHA II, III, IV or Practitioner	Tatitlek	Regular Full Time
CHA III, IV or Practitioner Itinerant	Any Regional Community	Itinerant Employee
Contracts & Policy Officer	Anchorage	Regular Full Time
Dental Assistant Itinerant	Any Regional Community	Itinerant Employee
Dental Health Aide Therapist Itinerant	Any Regional Community	Itinerant Employee
Dentist Itinerant	Any Regional Community	Itinerant Employee
Head Start Director	Anchorage	Regular Full Time
Head Start Teacher Substitute Aide/Cook/Janitor	Nanwalek	Seasonal
Head Start Teacher Substitute Aide/Cook/Janitor	Port Graham	Seasonal
Health Administrative Assistant I	Chenega	Regular Part Time
Health Administrative Assistant Itinerant	Tatitlek	Itinerant Employee
Health Administrative Assistant Itinerant	Chenega	Itinerant Employee
Health Administrative Assistant Itinerant	Port Graham	Itinerant Employee
Inventory Support Specialist	Seward	Regular Full Time
Medical Billing Quality Auditor	Anchorage	Regular Part Time
Parent Liaison	Anchorage	Seasonal
Payroll/Grant Accountant	Anchorage	Regular Full Time
Social Services Director	Anchorage	Regular Full Time
Village Public Safety Officer	Nanwalek	Regular Full Time
Village Public Safety Officer	Port Graham	Regular Full Time
Village RN Case Manager	Any Regional Community	Regular Full Time
Youth Advocate	Any Regional Community	Regular Full Time
Yukon Fire Crew Assistant Superintendent	Kenai	Seasonal
Yukon Fire Crew Crewmember	Kenai	Seasonal
Yukon Fire Crew Squad Boss	Kenai	Seasonal
Yukon Fire Crew Superintendent	Kenai	Seasonal

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The Importance of Regular Check-Ups

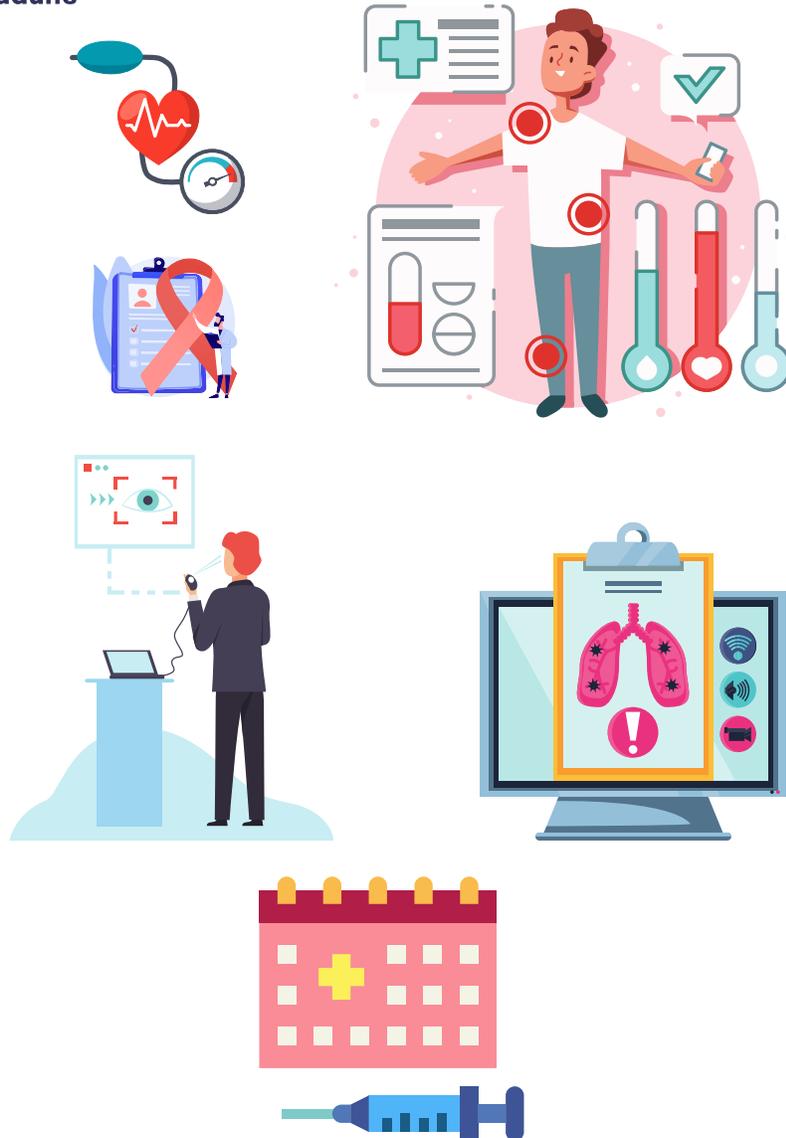
Regular check-ups can help find potential health issues before they become a problem. When you see your health care provider regularly, they can detect health conditions or diseases early. Early detection gives you the best chance of getting the proper treatment quickly, avoiding any complications. You take significant steps toward living a longer, healthier life by getting the correct health services, screenings, and treatment.

The benefits of regular check-ups include:

- Increase lifespan and improve health
- Detect potentially life-threatening health conditions or diseases early
- Reduce your risk of getting sick
- Increase chances for treatment and cure
- Limit the risk of complications by closely monitoring existing conditions
- Form a good partnership with your provider so treatment can be more efficient
- Get updated on new medical information or technologies that are available

Preventive health screening checklist for adults

- **Annual well-visit** (annually)
 - Family history
 - Blood pressure
 - Body mass index (BMI)
 - Physical exam
 - Preventive screening
 - Counseling
- **Cancer screenings** (as recommended)
 - Colorectal
 - Skin
 - Breast (women)
 - Cervical (women)
 - Testicular and Prostate (men)
- **Sensory screenings**
 - Eyesight
 - Hearing
- **Immunizations**
 - COVID-19
 - Tetanus, Diphtheria (Tdap)
 - Influenza
 - Pneumococcal
 - MMR
 - Meningococcal
 - Varicella
 - Shingles
 - Human papillomavirus (HPV)
 - Hepatitis A
 - Hepatitis B
 - Haemophilus Influenza Type B



Take charge of your health and schedule an appointment with your health care provider today.

Heritage Preservation Program Updates

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Cama'i from the Heritage Preservation Department!

Back to school season is here! Our staff has continued to adapt to distance delivery platforms to serve the communities of the Chugach Region. Our team is continuing to grow!

We want to introduce you to our new staff members:

Dawn Randazzo, Assistant Archivist



Dawn Randazzo
Assistant Archivist

Cama'i everyone! My English name is Dawn Randazzo, my Sugt'stun name is Alqaq, and my Inupiaq name is Agutaiyuq. I was born and raised in Anchorage, but my dad's family is from Tatitlek, and my mother's family is from Shishmaref. Having grown up in the city, maintaining connections to my indigenous culture has always been the most precious thing to me. So it makes me so happy to be here working for our Chugach people as the Assistant Archivist!

I graduated from Bartlett High School in 2014, then attended the University of Alaska Anchorage from 2015 up until the beginning of the pandemic. I am a few credits from graduating with both a bachelor's degree in Philosophy and an associate's degree in Alaska Native studies.

My sisters and I also have a small business called Camai Co., where we sell our handmade earrings and artwork. I have always loved creating all types of art! Everything from sewing and beading to playing music to oil painting. In the summers, my family and I are also very involved in subsistence fishing and berry picking, and recently I have gained an interest in traditional plant medicine.

I am so excited to be a part of Chugachmiut, and I hope to serve our community well while I am here.

Cheryl Eleshansky, Local Cultural Coordinator, Cordova

My name is Cheryl Eleshansky, daughter of the late Mike & Dorene Eleshansky and sister to my late baby brother George Eleshansky. My tribal lineage is from Chenega and Tatitlek. I was born and raised in Cordova and graduated from Cordova Jr.-Sr. High School in 1984.

In 1984 my parents chose to move from Cordova back to the new site of Chenega on Evans Island. I spent most of my adult life there working first with North Pacific Rim (Chugachmiut now) as the Community Health Aide. My parents helped raise and teach my two older children. During that time, the desire to bring back the culture and language was revitalized. I spent many days visiting with the Elders of Chenega, listening to their stories of life in "old" Chenega. Those days of learning and listening to the Elders of Chenega are truly missed.

I have three children: Myra Eleshansky, Kenneth Eleshansky, and Samantha Eleshansky Villalon. I am Umma to Holly West, but early on, she changed that name to Ummi. I am also Godmother to Raymond Cross, Joseph Cross,



Cheryl Eleshansky
Local Cultural Coordinator

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Melonie Kashevarof, the late James Angaiak, and Christopher Olsen.

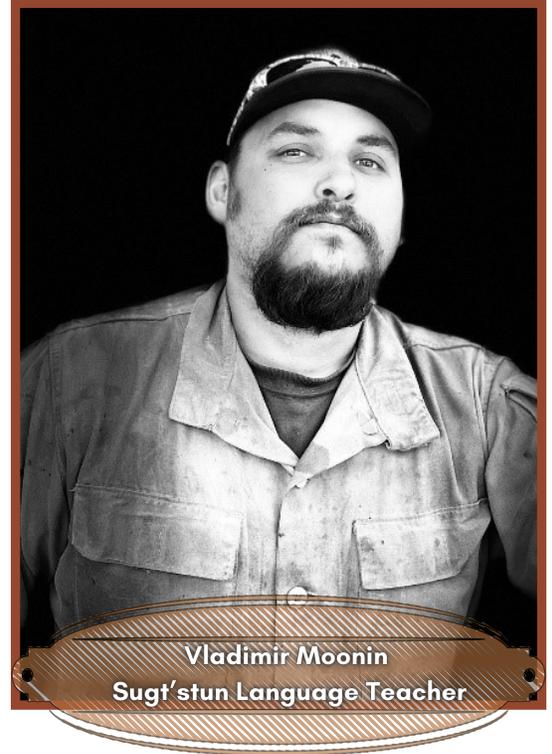
I moved back to Cordova in 2011 and started working with the Native Village of Eyak in April 2012. During my work with them, I helped with tribal youth, victims of violence, ICWA, and then as a Tribal Family Services Department manager. I have held a diversity of positions throughout my career. It is good to be back working with Chugachmiut, and I look forward to the many learning experiences ahead of me.

Vladimir Moonin, Sugt'stun Language Teacher, Nanwalek

Cama'i! My name is Vladimir "Latimir" Moonin, and I grew up in Nanwalek. I am a returning Sugt'stun Language Teacher, and I currently teach at the Nanwalek Elementary/High School.

Two fluent Sugt'stun speakers raised me, my parents, Ephim and Alma Moonin. My wife Alyssa Romanoff and I have three children Haniil, Kuka, and Mitao.

I love teaching children and seeing their knowledge of our culture grow, as mine does, too, being a Sugt'stun learner. I look forward to continuing our Sugt'stun language and culture with our future speakers.



Vladimir Moonin
Sugt'stun Language Teacher



Camille Parry
Local Cultural Coordinator

Camille Parry, Local Cultural Coordinator, Chenega

I am the proud mother of 7 beautiful children and wife to an amazing man. I was born and raised in Northeastern Arizona and moved to Alaska in the winter of 2004. My family and I have lived in the villages of Chenega and Port Graham. In both communities, my family and I were thoroughly welcomed, and quickly became immersed in the Sugpiaq culture. Such a warm welcome and acceptance has fostered, in our family, a love for the Sugpiaq people.

I am a graduate of The University of Alaska Southeast: holding a degree in Elementary Education. I have taught in Chenega, New Mexico, and Port Graham. I am thrilled to once again, be working as an LCC, representing Chenega. I am excited to once again serve the people of the Chugachmiut region, as I study and work to create Heritage Kits for the Heritage Preservation Department

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Program Updates

The Heritage Preservation team enjoyed partnering with the Burke Museum, Alutiiq Museum, and Penn Museum to offer Virtual Museum Tours to the communities of the Chugach Region.

The Virtual Museum Tours showcased Sugpiaq artifacts located in each museum.



The Heritage Preservation team has collaborated with Alaska Pacific University to offer a 3-credit Sugpiaq Prehistory Course to all interested teachers within the Chugach Region.



Chugachmiut
HERITAGE PRESERVATION

Sugpiaq Prehistory Course

Fall Semester: Sept 6-Dec 17th T/Th

Chugachmiut Heritage Preservation, in partnership with Alaska Pacific University, is offering a 3-Credit Continuing Education class.

This course will examine the Sugpiaq history before Russian contact, along with archaeological, anthropological, and ethnological studies of the Sugpiaq/Alutiiq people and their traditions.

This class is being offered to Chugach Regional Teachers in Nanwalek, Port Graham, Seward, Chenega, Tatitlek, Valdez, Whittier and Cordova/Eyak.

****Chugachmiut will cover class credits cost****
(up to 20 regional certified teachers and/or paraprofessionals). Must pass with a "C" or better for Chugachmiut to pay course tuition.

Please scan the QR Code to fill out an Interest Form that will allow staff to receive more information about attendance and times.



For More Information Contact:
Nick Jordan (Regional Education Coordinator)
nicholasj@chugachmiut.org



Opportunity Provided Through *Llangark/Iluu: Becoming Aware*
ED-GRANTS-060419-001



Upcoming Events and Projects

We are excited to announce the making of a new opportunity! Virtual Art Residency with Valdez Elder, Diane Selanoff.

Please like and follow our Chugachmiut Heritage Preservation Facebook page for updates on this upcoming event!

Our next ANEP Quarterly Meeting will be January 24 - 28, 2022!

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

If you have a Chugachmiut Heritage staff member based in your community, please get in touch with them and let them know that you are interested in participating. Their contact information is on page 11.

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Chugachmiut Heritage Preservation presents

Virtual Art Residency

Join us as we learn the art of traditional seal fur sewing with Valdez Elder, Diane Selanoff



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Old Treasures

Cama'i, IAXiishuh, and Hello from the Chugachmiut Heritage Archive!

Expanding the Historical Record

The past few months have seen significant growth for the Chugachmiut Heritage Archive. We have entered over 550 records into the archive database. Our newly hired Assistant Archivist, Dawn Randazzo, completed many of the most recent additions. We invite you to check out some oral history interviews, community photographs, and classroom resources through our digital archive and to let us know what you think! <http://www.chugachmiutheritagearchive.org/>

Community Outreach

With so many resources available to community members online, we have ramped up our public outreach efforts. Our Chugachmiut Heritage Preservation Facebook page features weekly highlights from the archive. The very first Facebook post that Dawn Randazzo authored prompted the Kenai Peninsula Borough School District to work with us to distribute two Chugachmiut-produced resources to their teachers and classrooms. Nanwalek Local Cultural Coordinator Nancy Yeaton and Archivist Andrea Floersheimer also participated in the UAA Archiving Alaska podcast to share our activities with the broader Alaska archives and museum collections community. You can listen to their interview here: <https://archives.consortiumlibrary.org/2021/10/22/archivingak-s2-e7/v>.

Designing for the Future

Supplies have also started to trickle in for our new Anchorage archive center. We've received a photography tent, book carts, video and audio recording equipment, and more. We are still waiting for our museum exhibit cases, archive mobile shelving, fragile book scanner, climate control improvements, and fire suppression system. Taken all together, this new equipment will transform our archive into a state-of-the-art 21st-century preservation center. We can't wait to share pictures with you when these changes are finished!

Chugachmiut Munartat (Artists)

The Archive team is also planning an exciting project that will take place this spring 2022! We renegotiated our grant budget to purchase items made by Chugach artists to add to the archive. We also intend to document the artists' cultural knowledge and artistic process in connection to each creation. To celebrate traditional art practices while also supporting emerging artists, we have planned to have two separate retreats where skilled Elders and emerging young artists can come together to create a Qayaq and gut jacket. Their collaborative time together will be extensively documented and shared. We are so excited about this project and happy to make sure our traditional art practices will be preserved for generations to come!

New Collaborative Projects

The Chugachmiut Archive is also expanding its work into new territories. We were awarded a grant to work with the Port Graham/Paluwik community to collect and digitize 165 hours of Sugt'stun language recordings - a project that will not only bolster Sugt'stun language resources but also immortalize Elders' voices, perspectives, and a lifetime of experiences. We have also partnered with the Harvard MetaLab, Chugach Alaska Corporation, and Berlin Ethnologisches Museum to facilitate digital access to artifacts taken from the Chugach region over a hundred years ago. The Berlin Museum is finalizing hiring a project coordinator at their museum to work with us on this project, and the first workshop with Elders will take place during our Winter Quarterly Meeting (January 24th - 28th).

Join Us!

More activity details will be shared at the Winter Quarterly Meeting for Elders and Recognized Experts from January 24th - 28th, 2022. If you would like to be involved or have suggestions for the Archive Program, please reach out to Andrea Floersheimer (Atsaq) at andrea@chugachmiut.org - we'd love to hear from you!

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Elder Spotlight: Colette Brantingham

Colette Brantingham is a cherished Elder from Seward. Recently, Local Cultural Coordinator “Taliya,” Carol Conant, had the opportunity to go berry picking with Colette at the end of summer and collect beach grass at Fourth of July Beach into the fall.

They are filming the process of collecting, drying, natural dyeing, and weaving for cultural education.



Check out our [Berry Picking with Elders video](#), featuring Colette Brantingham and other Elders from Seward!

(continued on page 10)

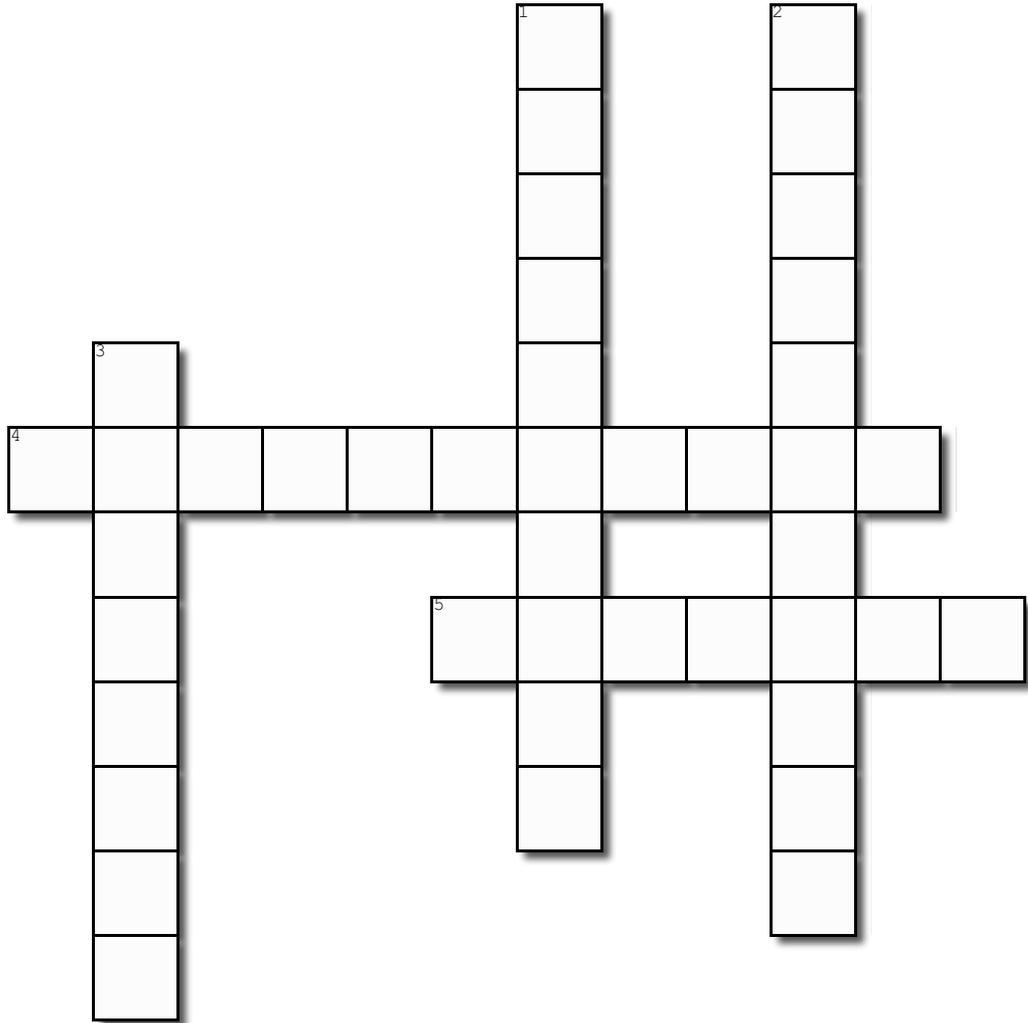
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Nupet Ikugtaruat (Crossword Puzzle)

Complete the crossword puzzle below for the Sugt'stun words.



Across

- 4. Visit Them
- 5. Elders

Down

- 1. Help Her/Him
- 2. Respect
- 3. Ancestors

Lower Cook Inlet / Prince William Sound

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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! You may also call us at 907-562-4155.

To reach staff directly, please email us:

Mark Hiratsuka, Heritage Programs Director - MarkH@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

Dawn Randazzo, Assistant Archivist - DawnR@chugachmiut.org

Alex Lyle, Administrative Programs Coordinator - AlexL@chugachmiut.org

Katrina Tysinger, Program Coordinator - KatrinaT@chugachmiut.org

Carol Conant, Local Cultural Coordinator, Seward - CarolC@chugachmiut.org

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

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

Cheryl Eleshansky, Local Cultural Coordinator, Cordova - Cheryle@chugachmiut.org

Camille Parry, Local Cultural Coordinator, Chenega - Camille@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 - Shylae@Chugachmiut.org

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

Vladimir Moonin, Sugt'stun Language Teacher, Nanwalek - Vladimire@chugachmiut.org

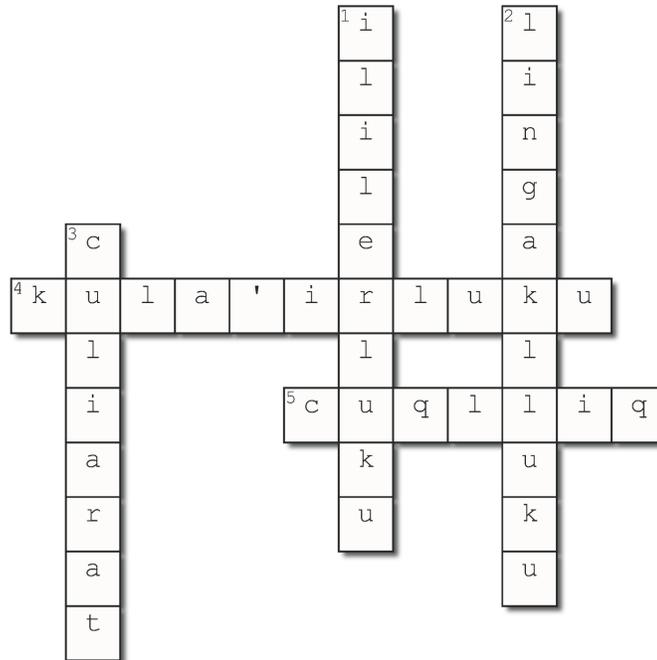


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Answers to the Crossword Puzzle from page 10

Complete the crossword puzzle below for the Sugt'stun words.



Created using the Crossword Maker on TheTeachersCorner.net

Across

- 4. Visit Them (**kula'irluku**)
- 5. Elders (**cuqlliq**)

Down

- 1. Help Her/Him (**ililerluku**)
- 2. Respect (**lingaklluku**)
- 3. Ancestors (**culiarat**)

Alaska Native Health Campus launches Tinitun, Alaska's first comprehensive digital wayfinding platform

source: (<https://anthc.org/news/alaska-native-health-campus-launches-tinitun-alaskas-first-comprehensive-digital-wayfinding-platform/>)

The Alaska Native Tribal Health Consortium (ANTHC) and Southcentral Foundation (SCF) have launched Tinitun, a mobile app that helps campus visitors locate providers or clinics with ease, discover campus food options, find the nearest shuttle, mark the location of their parked cars and more. The Tinitun app includes indoor turn-by-turn directions inside the Alaska Native Medical Center (ANMC) hospital, specialty clinics and Anchorage Native Primary Care Center.

The Tinitun app, the first of its kind in Alaska, is available for download in the Apple and Google Play stores for Apple or Android smartphones. It is also accessible by desktop, mobile browser and on-site kiosks. Kiosks are available at the Patient Housing at ANMC lobby, the main rotunda entrance of the ANMC hospital, the Healthy Communities Building lobby, and Anchorage Native Primary Care Center main and 2 East entrances. Additional kiosks are planned for future locations.

Tinitun (pronounced, "tin-ee-toon") is the Dena'ina word for "trail: major passageways of human movement." With permission from the Native Village of Eklutna on whose land the Alaska Native Health Campus is situated, the name Tinitun acknowledges the Dena'ina people. It also describes the app's function: connecting those we serve with their health care using modern technology and multiple pathways based on their individual choices.

"Thank you to our patients for their valuable feedback which led to this solution," said Allison Knox, Vice President of Customer Experience at ANMC. "The goal is to help our patients navigate our health campus and access information about transportation, our clinics, patient housing and associated care coordination services to help ensure the best experience possible for our patients."

For more information, or to access Tinitun from your computer, visit <https://anmc.org/tinitun>.

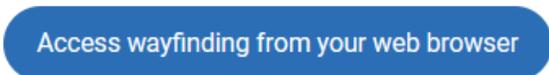


The below links are available to download in the app store.

Click the applicable app store link below:



Click the below for link from web browser:





For the best possible care, **you are enrolled to share!**

Chugachmiut Partners with CommonWell

Chugachmiut has partnered with CommonWell Health Alliance® Services, a national network of organizations aligned to streamline the secure sharing of health data with the goal of improving care coordination and health outcomes at all member locations.

When you are seen at a Chugachmiut clinic, you are automatically enrolled in CommonWell.

This allows your health care providers access to your health information regardless of where you receive care, whether that care takes place here at a Chugachmiut clinic or other health care facility. This removes complicated barriers and steps by allowing your health care providers access to information they need to provide more comprehensive, coordinated, and improved care.



YOU CAN OPT-OUT

You have the right to choose NOT to participate. Please speak to your local clinic about the opt-out process.



Kilann Tanape : National RXI AIAN Conference Panel

Kilann Tanape was selected to be part of the National RXI AIAN Conference “Celebrating Successes of Visionary Leaders” panel for the National RXI OHS Conference. She will represent one of the viewpoints as a current Head Start Teacher for Chugachmiut. She will speak at the conference about how she has been affected by her mentors, her goals, and the highlights and stressors of being a teacher and mom, working every day in the classroom and going home and working with her family around the job and in her personal life.

Kilann has been part of Head start for 24 years altogether, with 14 years as a Teacher. She loves working with the kids and seeing them learn and grow. She is currently working on her Bachelors in Early Childhood and plans to finish the degree by Fall 2022. One thing that motivates Kilann to finish her degree is knowing she will be among the few members in her bloodline who have graduated with a college degree. She strives to be an inspiration to others in her family and community.



Aphanasia Kvasnikoff : Administrative Assistant, Realty

My name is Aphanasia Kvasnikoff, and I grew up in Nanwalek. I moved up here this past January 2021 for school to become a nurse. Yet my plans changed, and I accepted a position as an administrative assistant in the Chugachmiut Realty department. I'm still looking into going back to school in the future, and I'm working in the meantime. But I've always wanted to be a mechanic or a welder because it's hands-on work.



VPSO in Chenega and Pre Thanksgiving Day parade

VPSO Sgt. Ken Parker joined Principal/teacher Lisa Lane, Pre-school teacher Suzanne Parker, teacher Clint Sullivan and his wife Jessica in the annual parade. All the students from Pre-K up through high school joined in the annual tradition. The parade starts at the community center, down the main street to Chenega clinic and back. “These are great kids!” remarked VPSO Sgt. Ken Parker. VPSO provides vital public safety services in the rural communities they serve. To find out more information about the VPSO program, go to: <https://vps0.alaska.gov>



7 Questions with Deserae Stellwag

Chugachmiut's CTC (Communities That Care) Site Coordinator

On October 19th, Chugachmiut welcomed Deserae Stellwag to the Behavioral Health team, and she immediately launched into work as the Communities That Care (CTC) Site Coordinator in Tatitlek. We wanted to introduce Deserae and know a bit about the person behind the CTC process. But, first, we'd like to share a snippet about what the CTC process is.

"Communities That Care (CTC) is based on the Social Development Strategy formulated by J. David Hawkins and Richard Catalano at the University of Washington. Rather than a program, CTC is an "operating system" that provides the structure, but not the content, of a community effort to address youth issues. It focuses on risk and protective factors, which are approached through a community-wide process that involves training at each step.

CTC is specifically aimed at addressing five problem behaviors among youth:

- Substance abuse
- Delinquency
- Teen pregnancy
- School dropout
- Violence"

◦ source: <https://ctb.ku.edu/en/table-of-contents/overview/models-for-community-health-and-development/communities-that-care/main>

"Using prevention science as its base, CTC promotes healthy youth development, improves outcomes, and reduces problem behaviors." - [Center for Communities That Care](#).

Deserae will be the site coordinator who will work with the community to implement this process, a pilot program sponsored by the State of Alaska. It has already been implemented with great success in 500 communities across the United States and countries, including Australia, Canada, Croatia, Germany, the Netherlands, and the United Kingdom.

We asked Deserae 7 questions to get to know a bit about our new team member:

1. Who was your role model as a child?
 - My parents and grandparents. They allowed me to witness and develop what I consider the most important qualities and values of life: family values, love, forgiveness, honesty, respect, hard work, and the importance of helping others.
2. Where did you work before this position?
 - The Tatitlek IRA Council as TAA. Before that, Admin Assistant followed by Environmental Technician for Chugach on Wake Island.
3. What three items would you take with you to a deserted island?
 - a. Outdoor survival kit.
 - b. Snorkel gear (it's my deserted island, so I get to say it's in the tropics, right?).
 - c. Toiletry set.
4. What's your most-used productivity hack?
 - Google. You can learn how to do or fix nearly anything on Google. At one of my last jobs, I was dubbed the name #googleitdeserae by one of my coworkers. Searching the internet definitely allows you to learn tricks to maximize productivity, as well as how to work smarter and not harder. For example, you can learn formulas in Excel to do so many things, making your work/spreadsheet life so much simpler. In terms of actual work output productivity, dual screens are the best invention. Ever!!

(continued from page 16)



5. What motivates you at work?
 - Deadlines, challenges, problem-solving, or creating/improving processes trying to streamline or maximize efficiency
6. What excites you about the CTC Process?
 - It is a researched system that provides step-by-step guidance on how to assess, react, evaluate, and revise utilizing the same structure and guidelines. It is a program that will allow a community to take charge of and make changes within itself.
7. What do you want people to know about you?
 - I was raised in Tatitlek and am living at home again for the first time since High School. I look forward to being a part of Chugachmiut and cannot wait to begin assembling a team within the community.

Please join us in welcoming Deserae as part of the Chugachmiut family and if you are in Tatitlek and have questions about the CTC Process or would like to find out how you can be a part of the CTC Process please contact Deserae Stellwag at Deserae@Chugachmiut.org

Winners Do Quit! : Introducing the Great American Smoke Out (GASO) Year-Long Event.

by Jason Opheim, Tobacco Prevention & Intervention Coordinator

What is it?

Instead of a 1-day event, this is a year-long event to start your journey toward a smoke-free life. For those that have quit before this event, this is an opportunity to share your quit story and encourage the folks in the Chugach Region to experience the benefits of being tobacco-free

Who may participate?

Anyone who has quit tobacco or is currently in the process of quitting tobacco

When is it taking place?

From 11/18/21 - 11/17/22

Why are we doing it?

Quitting smoking isn't easy. It takes time, a plan, and, a good dose of motivation. By

sharing our quit stories, we help our family and friends see that this is an achievable goal and give them the courage and determination to become tobacco-free too.

Is this a contest?

No. A contest is a competition. This is an event where participants encourage others through their experiences to benefit all. However, there will be a monthly drawing for a \$25 gift card from the submissions received with a chance for a final Grand Prize at next year's GASO day on November 17, 2022

Email your story to jasono@chugachmiut.org to participate!

**Great American Smoke Out (GASO)
Year Long Event**

Have you successfully quit tobacco recently or in the past?

- What challenges did you face/currently face?
- What helped you to succeed, ex: Quit Lines, BH help for anxiety/stress, Step Challenge, etc.?
- How do you feel, what positive changes have you noticed since your transition?

Share your tobacco-quit story and you are entered to win a \$25 gift card and to be entered into a drawing next GASO '22' on November 17th, 2022 for a Grand Prize!
Email your story to jasono@chugachmiut.org to participate
Good health to you ☺

Chugachmiut

Important Date to Remember!



DEADLINE



December 31, 2021, is the Chugachmiut Higher Education Scholarship deadline for Spring 2022.

Vocational scholarships do not have a deadline.

The Application for Services can be found on the Chugachmiut website: <http://www.chugachmiut.org>.

Additional questions can be directed to Donna at (907) 562-4155



Chugachmiut

Here are a couple recipes from the Chugach region, with collaboration from Chugach Regional Resources Commission (CRRC), that you can use to celebrate!

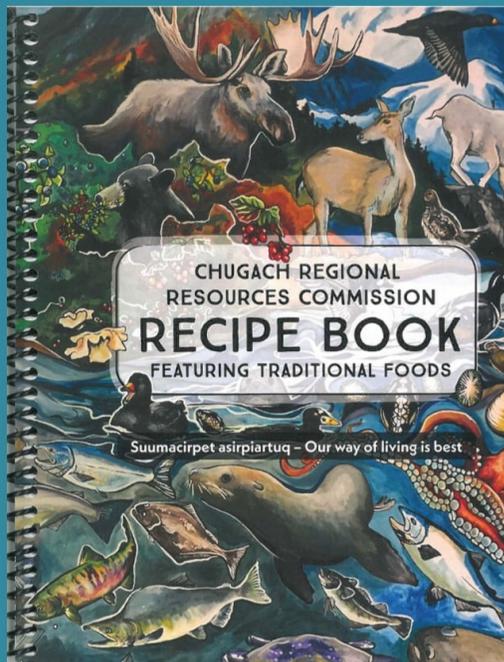
Be sure to check out all the amazing cultural resources on the Chugachmiut Archive website!

Click image below or visit:

<http://www.chugachmiutheritagearchive.org/>



Chugachmiut
Heritage Archive

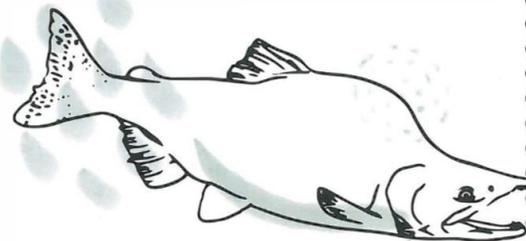


SALMON FRITTERS

1 pound leftover cooked sockeye salmon
2 sleeves saltine crackers, finely crushed
1 can Italian style bread crumbs
1 teaspoon salt
1 teaspoon pepper
4 eggs
1 large onion, finely chopped
Cooking oil

Remove any bones or skin from the salmon. In a mixing bowl combine the salmon, crushed crackers, bread crumbs, salt and pepper. Add the eggs and onions and mix until you could make dough balls. If the mix does not want to stick, add one more egg. Form the mix into patties. In a frying pan, heat oil over medium-high. Fry patties for 2-3 minutes each side or until golden and cooked through. Eat the first cake to see if you need more salt or pepper. Good for snacking at night or on a trip.

Recipe from Ron Trumblee, in "The Salmon Book," courtesy of Chenega Bay School



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ALASKA LOW BUSH BLUEBERRY PIE

4 cups of blueberries
One 9-inch pre-baked pie crust
½ cup sugar
¼ cup water
3 tablespoons cornstarch
¼ teaspoon butter or margarine
Whipped cream

Spread 2 of the 4 cups of blueberries in the baked pie crust. Refrigerate until well chilled. In a saucepan, simmer the remaining 2 cups of blueberries, sugar, water, cornstarch, and salt until thickened. Stir frequently (about 7 minutes). Take saucepan off heat and mix in butter. Let cool. Pour sauce mixture over blueberries in pie crust. Refrigerate until well chilled. Serve with whipped cream.

*Blueberry Book By Mrs. Galusha's and Mr. Grajewski's Class
James Angaiak, Austin Otto, Ian Angaiak, Jordan Otto, Kenneth Bruck and Ray Cross
Chugach School District*





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Help promote us and the newsletter by helping to keep it relevant and up to date.

We want to share what's going on in your community. Would you please share your upcoming events, Community-based programs, or how our programs have helped you?

To submit ideas, articles, stories, and/or pictures for use in the Nupuat, contact us:

 Facebook: www.Facebook.com/ChugachmiutALUTIIQ/

or by

Email: media@Chugachmiut.org

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

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

Please share your comments and suggestions:

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